A DECADE OF BATTLES

Commemorating 10 Years of
The Battle of the Hors D'Oeuvres
1986 - 1996

BIG SISTERS ASSOCIATION
OF GREATER WINDSOR

Does it seem gender-specific that Big Sisters is producing a cookbook? "Au contraire!" It is simply that the whole world loves food and that we know people will find this to be a treasure of a cookbook!

Over the last ten years, the Battle of the Hors D'Oeuvres has been a wonderful opportunity for our Association to raise funds, recruit volunteers and generally spread the word about the good things we do here. A book full of recipes from the people and places that have participated during our decade of 'Battling' seems like an appropriate endeavour.

A big thank you goes out to all who have been involved in our Battles and in this cookbook. For your time, effort and dedication shown in helping us to continue providing quality programs to girls and young women in Windsor and Essex County, "Thank You!".

This Battle Cookbook is dedicated to our Little Sisters, their families and all our special volunteers. Enjoy, along with them, all the tempting delights you will discover on the following pages.

Wendy Leigh

Executive Director
Big Sisters Association of Greater Windsor

This cookbook was typeset, printed and bound by

L. Rasmussen Co. Ltd.

"The Cookbook Printer"

1640 Church Avenue
Winnipeg, Manitoba R2X 1G8
Telephone: (204) 632-1483

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BIG SISTERS ASSOCIATION OF GREATER WINDSOR
GROWING TOGETHER

95 Giles Blvd. E.
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OUR MISSION STATEMENT: Big Sisters Association of Greater Windsor enhances the personal growth and well being of girls.

Big Sistering is a concept which has existed in Canada since 1912. First established in Toronto, "Sister Circles" provided social support to disadvantaged girls. The original circles have since expanded to include 67 member agencies of the Big Sisters Association of Ontario and the development of Big Sisters of Canada.

Locally, the need for Big Sister services was noted by board and staff members of the Big Brothers Association. Thanks to their enthusiasm, a Steering Committee was formed which then led to a Board of Directors. On February 7, 1972 the organization was incorporated as the Big Sisters Association of Greater Windsor.

There are two important premises upon which the Association has been based. One is that Big Sisters is a 'not for profit' organization. The Association receives a significant portion of its funds through United Way, of which it has been a member agency since 1975. Fundraising policies and plans have been developed over the years; these fundraising efforts are integral to our survival and the provision of quality services.

The other premise is that we are a volunteer driven organization. With a relatively small staff and the infusion of placement students, we are able to provide various programs and services to hundreds of girls in Windsor and Essex County each year. Volunteers are the heart of Big Sisters - from those who provide the one-to-one services to our Little Sisters through to those who make decisions regarding policies. This defines our uniqueness.

Big Sisters
ASSOCIATION OF ONTARIO

Big Sisters of Canada

~ *THANK YOU* ~

Several thousand guests have supported the Battle of the Hors D'Oeuvres with their presence and their role as judges of this unique culinary competition over the past ten years.

Additionally, we owe a great debt of thanks to the many people whose efforts, creativity, donations and support have allowed us to offer a Battle annually since 1986.

To *all* who have contributed in making the Battle, and this commemorative cookbook, a wonderful success - our 'hearty' thanks.

The following is a list of individuals and businesses who have supported the Battle in some unique way during its ten year history. We apologize for any inadvertent omissions.

Brian Bannon
Donna Brode
Nataley Nagy
Roxanna Chow
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Nancy O'Reilly
Kathryn Borrelli
Jeannie Gascoigne
Katherine Roth
The Windsor Star
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Community Credit Union
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Terry Fink
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Plunkett's Bistro Bar
Brad Toulouse
Jokers
Bunches
Laura's Place
Melissa Laforet
Ali Lalani
Chris Kovaric
Walker's Candies
Rob Kiborn
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Angie Mitchell
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Tage Hanson
Flowers
Chatham Street Grill
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Chez Gyliane
Dessert Cafe
Reid's Trophies
Christine Hooper
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Cheryl Carder
Empire Roofing
Juanita Loucks
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Morton Wholesale
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Shalaina Cecile
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Associates
John Barron
Cindy Kerr

WINNERS

May 7, 1986 • The Orient Express
SERIOUS MOONLIGHT CAFE ~ *Moonlight en Croute*
MAISON van BLOMMESTEIN ~ *Chocolate a la Maison*

September 22, 1987 • The Polonia Centre
WONG'S ~ *Chicken Yakitori*
LOUIE LINGUINI RISTORANTE ~ *Layered Chocolate Pate*

September 3, 1988 • The Polonia Centre
WONG'S ~ *Cornish Hens Aux Panache*
WINDSOR HILTON ~ *Chocolate Fruit Fantasies*

May 7, 1990 • French Community Centre
SYDNEY'S SEAFOOD ~ *Shrimp Stuffed with Cream Cheese & SmokedSalmon*
LOUIE LINGUINI RISTORANTE ~ *Baci Di Tartufi*

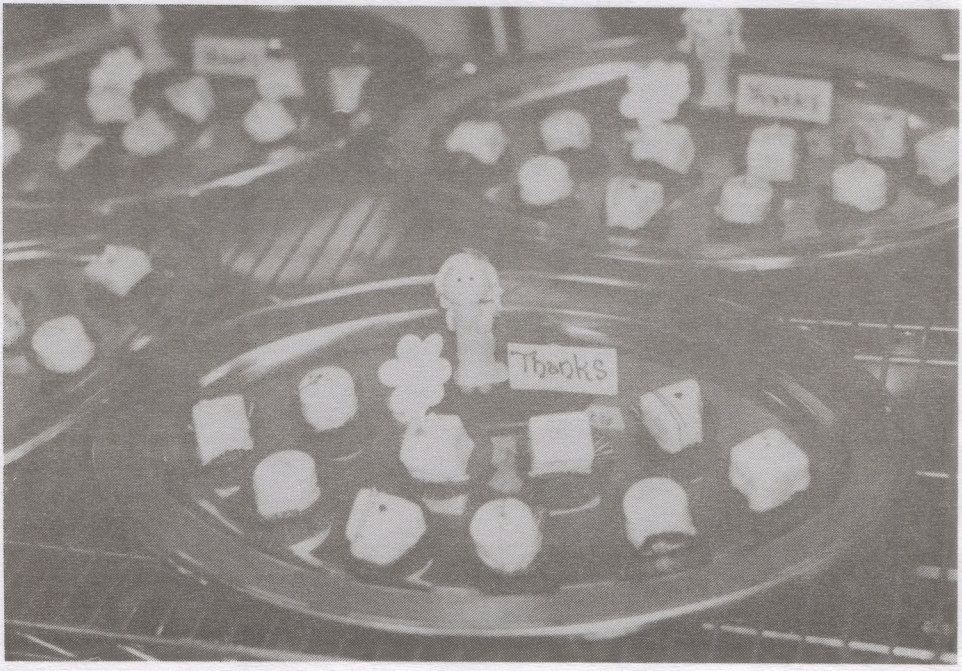
May 10, 1991 • Place Concorde
SHIN SHIN ~ *Shrimp Toast with Pecans*
WINDSOR HILTON ~ *Spring Awakening*

May 8, 1992 • Cleary International Centre
THE MINI RESTAURANT ~ *BBQ Chicken on Rice Noodles with Hot & Sour Sauce*
LOUIE LINGUINI RISTORANTE ~ *Cioccolato Paridiso*

May 28, 1993 • Cleary International Centre
THE MINI RESTAURANT ~ *A Vietnamese Salad for Big Sisters*
MAISON van BLOMMESTEIN ~ *Overtures*

May 6, 1994 • Cleary International Centre
UNIVERSITY OF WINDSOR ~ *Orange Bavarian*
CENTURY SECONDARY SCHOOL ~ *Pike Quenelles de Brochet Nantua*

May 5, 1995 • Cleary International Centre
JOHNNY CANUCK'S ~ *Saskatoon Berry Brie*
ST. JOSEPH'S HIGH SCHOOL ~ *Chocolate Temptation*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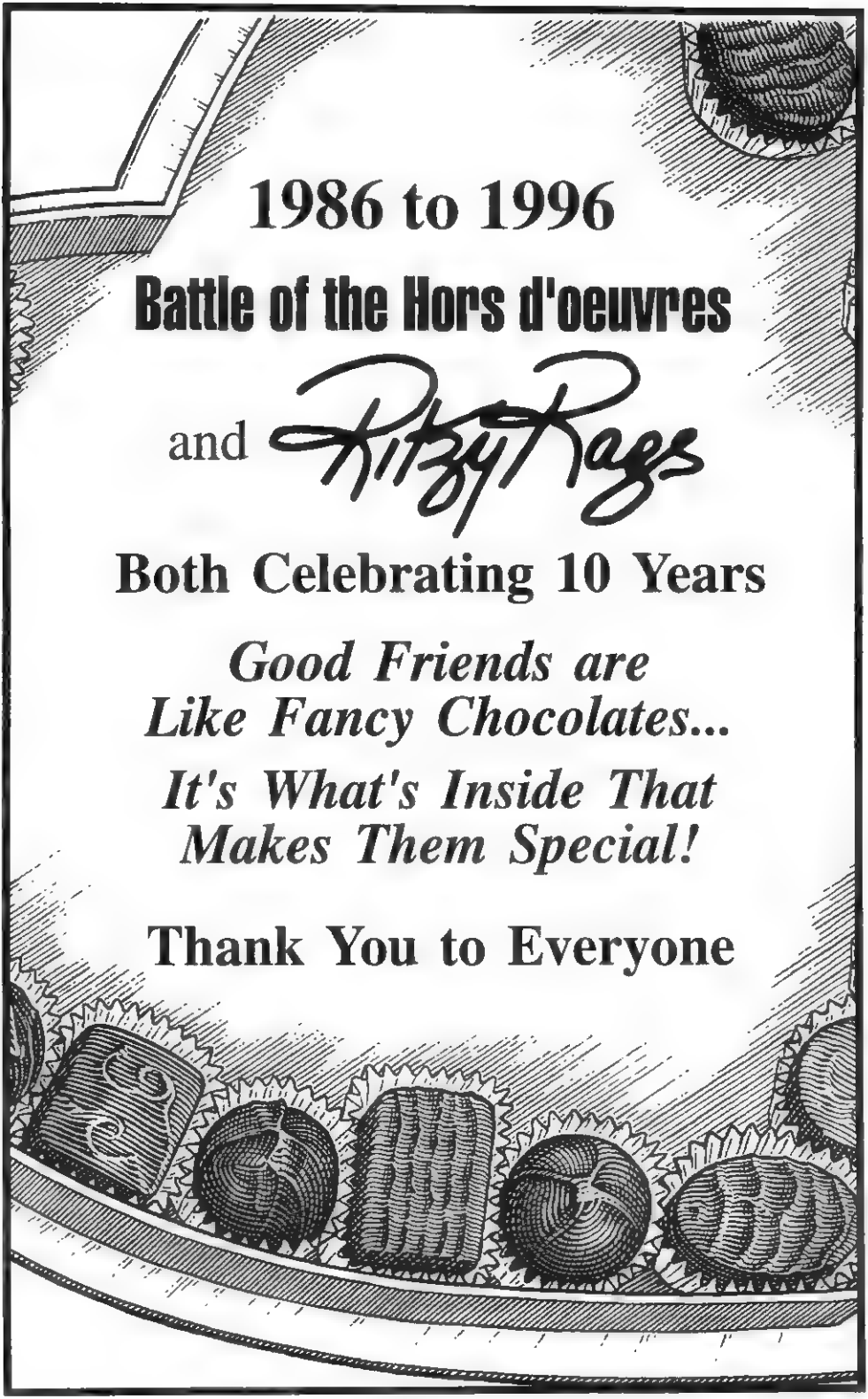
1986 to 1996
Battle of the Hors d'oeuvres
and Ritzy Rags
Both Celebrating 10 Years
Good Friends are
Like Fancy Chocolates...
It's What's Inside That
Makes Them Special!
Thank You to Everyone

Entrée

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STATEMENT OF LIMITATIONS

This cookbook boasts that it represents "A Decade of Battles". We feel we must clarify the contents somewhat. You may, for example, be perusing the pages looking for a particular winning recipe which seems nowhere to be found. Every attempt was made to contact past participants but we weren't always successful - some chefs had moved on to new ovens!

Thus the following pages are comprised of recipes from restaurants and chefs from the past (which we were able to contact) along with those currently involved. All the recipes are favourites and winners! Additionally, members of the Battle Committee, as well as Board, Committee and staff members of the Association were encouraged to share their favourite recipes.

We invite you to turn the pages with an eager palate and ready mixing bowl !

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(ID#5993)

My Favourite Recipes

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Shrimp Toast with Pecans • SHIN SHIN

Millefeuille of Salmon and Fennel • PLACE CONCORDE

Fiore di Mare • LOUIE LINQUINI RISTORANTE

Zucchini al Gratte' • LAURA'S

Alladin's Canapes • LAWRENCE OF ARABIA

Rueda de Pollo Magnifico • COMPANY'S COMING

Shami Kabab and Chicken Tandoori • KASHMIR INDIAN RESTAURANT

Spanakopita • THANASIS

Slow-cooked Spicey Lamb • WONG'S EATERY

DESSERTS

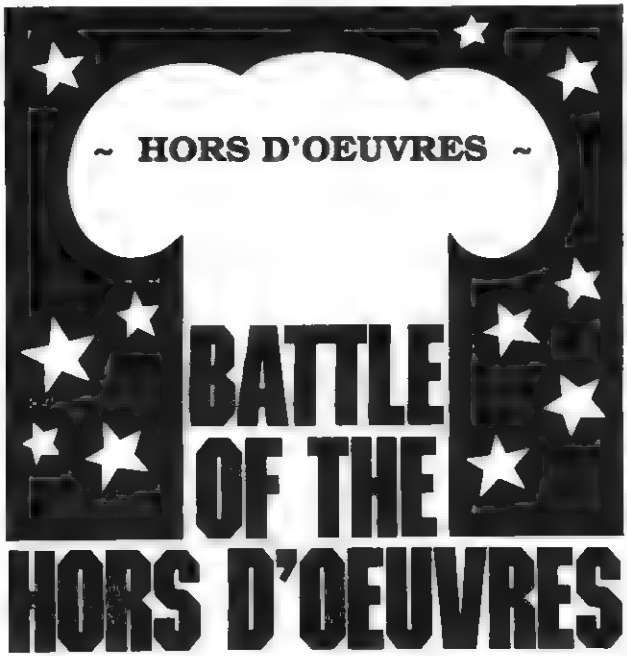
Spring Awakening • HILTON INTERNATIONAL WINDSOR

Chocolate-dipped Fruit • WALKER'S CANDIES

Bienenstich • SCHWAB'S BAKERY

Pink Islands • THE TOP HAT

Sweet Endings • WOODEN SPOON



BATTLE OF THE HORS D'OEUVRES

Ladies and Gentlemen, you are invited to be judges as Windsor's best chefs display their culinary magic. You will sit down to a gala 15-course dinner of appetizers and desserts, each one prepared by a different restaurant—and then vote for your favourites. The price is all-inclusive of food, wines and after-dinner dancing to Bobby Brew and the Dalhousie Street Paraders. Your hostess for the evening is June Cox. Proceeds from this fifth annual event go to the Big Sisters Association which provides volunteer companions for young girls in need.

FRIDAY MAY 10TH 1991

FRENCH COMMUNITY CENTRE WINDSOR

The French Community Centre is at 7515 Forest Glade Drive formerly called the Polonia Centre. There is no smoking. A reception with wine begins at 6:30 p.m. and dinner starts at 7 p.m. sharp Please join us for this exciting evening

BIG SISTERS ASSOCIATION OF GREATER WINDSOR

The complete price is $65 Canadian per person or $55 U.S. Income tax receipts for the charitable portion of the price (at least half) will be mailed after the dinner To reserve send a cheque for the full amount payable to Big Sisters Association of Greater Windsor 95 Giles Blvd E Windsor Ontario N9A 4B8 *Please note any seating requests*

A United Way Agency

HORS D'OEUVRES

ARTICHOKES PARMESAN

Anne and Troy Loop
Vintage Goose

This item was created by our kitchen and introduced in February '92 as part of our Valentine Week select menu. Each year this menu is created entirely from aphrodisiacs recorded throughout history.

2 cans artichokes
2 cups flour
2 eggs
1/2 cup milk
1/2 cup Parmesan cheese
1 cup corn flakes
1/2 cup chopped green onions
1/2 cup pine nuts

Lemon Dill Sauce:
1 Tbsp butter
1/4 cup flour
1 cup cream
3/4 tsp dill
1 lemon, halved and squeezed
1 tsp garlic

Cut artichokes into quarters and dust with flour. Dip into an egg wash made of the eggs and milk. Dip into a breading consisting of the corn flakes and Parmesan cheese. Deep fry until golden.

Lemon Dill Sauce: Melt the butter in a saucepan; add flour and stir until a paste is formed. Add cream, stir on high and heat until creamy. Turn to low heat. Add dill, lemon, salt, pepper, garlic and a splash of white wine, if desired.

Spread artichokes and chopped green onions on a plate. Lace with Lemon Dill Sauce and top with pine nuts.

Pelee Island Pinot Noir is a nice accompaniment.

ARTICHOKE SQUARES

Gayle Minello

2 (6 oz) jars artichoke hearts
1 small onion, chopped
1 clove garlic, minced
4 eggs, beaten
1/4 cup bread crumbs
1/8 tsp pepper
1/4 tsp salt
1/8 tsp oregano
1/8 tsp Tabasco sauce
2 cups old cheddar cheese
2 Tbsp parsley

Put oil of 1 jar of hearts in skillet. Chop artichoke hearts and set aside. Heat oil in skillet and sauté onion and garlic. Combine eggs, crumbs, salt, pepper, oregano and Tabasco sauce. Add to skillet. Fold in cheese and parsley. Add artichoke hearts. Put into a casserole dish. Bake at 350°F for 30 minutes.

ASPARAGUS AND BROCCOLI MOUSSE WITH SABAYON AND THOUSAND LEAF PASTRY

1992 Battle Entry

Sam Drakich
The Top Hat

The Top Hat, 73 University Avenue East, offers a variety of menus for luncheons, suppers and dinner shows. The Top Hat also caters to home and business, having facilities for banquets and parties as well as offering a convenient take-out service.

2 lb broccoli florets
1 1/4 cups heavy cream
Salt and fresh pepper
Wine vinegar
Olive oil
3 Tbsp unsalted butter
1 large shallot, minced
24 asparagus spears
6 oz puff pastry
2 egg yolks

Cook the broccoli until very soft. Drain; squeeze out as much moisture as possible. Purée until smooth. Return to the saucepan; reheat. Add 3 tablespoons cream. Season with salt, pepper, vinegar and oil to taste. Cut asparagus tips 2 inches long. Add asparagus tips to salted boiling water for 5 minutes. Preheat oven to 400°F. Roll pastry 1/8 inch thick. Using a sharp knife, cut out 4 (5x2 inch) rectangles. Place rectangles on a moistened heavy baking sheet. Beat 1 egg yolk and brush pastry with yolk. Score pastry for an attractive design. Bake 15 minutes.

To Serve: Reheat broccoli mousse over medium heat. Reheat asparagus tips with 1 tablespoon butter. Mix remaining egg yolk and heavy cream. Cook until sauce is thick. Do not boil. Using 2 large spoons, shape broccoli mousse into large ovals; place in centre of 4 plates. Arrange asparagus tips on plates. Spoon sabayon sauce over top of asparagus and top mousse with puff pastry rectangle. Serves 4.

BAGEL À LA CAVIAR

Cathie Penner
Pelee Treasures

1 toasted bagel
40 g cream cheese
40 g whitefish caviar

Spread cream cheese over hot bagel. Top with caviar.

SALSA BRUSCHETTA

Terry Krease-Meloche

1 long slender baguette or similar bread
2/3 cup chunky salsa
1/8 cup Parmesan cheese
2/3 cup shredded cheese (Monterey Jack, cheddar)

Set oven to broil. Slice bread into 1/2 inch rounds; place on baking sheet. Spread 1 teaspoon salsa over top of each bread round. Sprinkle with Parmesan cheese. Top with shredded cheese. Broil approximately 5 minutes.

BUBI'S GARLIC BUNDLES

Buddy Miloyevich
Bubi's Awesome Eats

2 to 3 heads garlic, peeled
Phyllo pastry dough
1/4 cup butter
3 Tbsp olive oil
1/4 tsp salt
Freshly grated Parmesan cheese

Melt butter. Stir in olive oil and salt. Defrost phyllo dough. Cut enough 2x2 inch squares for number of peeled garlic cloves. Place 1 garlic clove in center of each phyllo square. Baste with butter mixture. Fold sides over garlic ends; roll up. Baste tops of bundles with butter mixture. Bake in preheated 350°F oven until golden brown, approximately 15 minutes.

BAKED CHICKEN AND VEGETABLES WITH DIPS

Sandy Ries

Serve any or all of the 3 dips with Shake'n Bake Chicken Fingers or Shake'n Bake Vegetable Pick Ups.

Shake'n Bake Chicken Fingers: Cut boneless chicken breasts into 1/2 inch strips. Coat and bake as directed on package reducing cooking time to 10 minutes.

Shake'n Bake Vegetable Pick Ups: Coat large chunks of carrot, zucchini, or cauliflower and broccoli florets with 1 to 2 tablespoons vegetable oil. Toss in coating mix; bake at 400°F for 20 minutes.

Barbecue Dip: Combine 1/2 cup Miracle Whip light dressing and 1/4 cup each Kraft barbecue sauce (any flavour) and milk.

Curry Dip: Combine 1/2 cup each Miracle Whip light dressing and plain 2% yogurt, 2 tablespoons orange juice and 1/2 teaspoon curry powder.

Honey Dijon: Combine 1/2 cup Miracle Whip light dressing and 1/4 cup each Kraft Honey Dijon barbecue sauce and milk.

CAVIAR TORTE

1993 Battle Entry

Cathie Penner
Pelee Treasures

Pelee Treasures (formerly Penner Foods) at 94 Queen Street in Kingsville is owned and operated by Cathie and Garry Penner and Guy Wakeford. A processor of whitefish, sturgeon, salmon and trout caviar, Pelee Treasures is perhaps most famous for Pelee Gold, Pelee Ruby and Pelee Diamond caviar. For mail orders, call 1-800-233-9912.

Traditionally, caviar was served with chopped egg and onions on blinis. The following recipe is suited to the tastes and styles of the 90's and beyond. It's a favourite for any party. If you have a large group invited, multiply the ingredients by 3 and use a large deli tray.

8 oz cream cheese
3 Tbsp sour cream
40 g Pelee Diamond whitefish caviar
3 eggs, hard-boiled
1/4 cup chopped green onions
125 g Pelee Gold whitefish caviar
1/2 cup chopped onion
Light buttery crackers or French bread

In food processor, blend together cream cheese and sour cream; spread on 12 inch dinner plate.

Add liquid red food colouring to Pelee Diamond, enough to make it bright. Let stand 1/2 hour in refrigerator.

Separate eggs into yolks and whites; chop finely.

Place red dyed Pelee Diamonds onto cream cheese mixture, as if a bull's eye. Make a ring of chopped egg yolk around the bull's eye. Make a ring of chopped green onions around the egg yolk, a ring of chopped egg white around the green onions then a ring of Pelee Gold whitefish caviar around the egg white. End with a ring of chopped red onion around the Pelee Gold.

Serve on crackers or bread.

CURRIED SESAME CHICKEN WITH CHUTNEY

1995 Battle Entry — *Robinson Pelletier and Cheryl Abela*
Lucas' on the Grill

Lucas' on the Grill at 1464 Ottawa Street offers hearty yet "heart smart" meals in a casual, friendly atmosphere.

Curried Sesame Chicken:
1 lb skinless boneless chicken breast
1 tsp salt
2 Tbsp light soya sauce
2 Tbsp maple syrup
2 Tbsp dry sherry
1/2 tsp Chinese five spice
1/2 tsp shredded fresh ginger root
1 tsp curry powder
2 Tbsp vegetable oil
6 Tbsp sesame seeds
Italian parsley

Chutney:
1 1/2 cups small cubes fresh pineapple
1/2 tsp lime zest
Pulp of 1 large lime
3/4 cup unsweetened pineapple juice
1/2 Tbsp chopped crystallized ginger
1/2 Tbsp chopped jalapeno pepper
2 Tbsp golden raisins
1/4 cup chopped red bell pepper
1/2 cup chopped red onion
2 Tbsp white wine vinegar

Curried Sesame Chicken: Cut chicken in 1/2 lengthwise. In shallow baking dish, stir together salt, soya sauce, maple syrup, sherry, ginger root, five spices, curry and oil. Cover; refrigerate a minimum of 2 hours (up to 8 hours), turning occasionally.

Preheat oven to 400°F.

Sprinkle chicken with sesame seeds. Bake, uncovered, about 15 minutes or until no longer pink inside (depending upon thickness of meat). Brush occasionally with marinade during baking. Cut chicken into chunks and garnish with Italian parsley. Makes approximately 24 pieces.

Serve warm or cold with chutney.

Chutney: Bring all ingredients to a boil over medium heat. Reduce heat to low. Simmer, uncovered, stirring occasionally, until fruit is tender and sauce is thickened, usually about 45 minutes. Chill. Spoon over chicken or serve on the side.

GREEN CURRY CHICKEN AND SHRIMP

1995 Battle Entry

Norman Lee
Basil Court

8 large shrimp, peeled and deveined
1 whole chicken breast, cubed
1/2 cup coconut cream
1/4 cup Green Curry Paste
2 1/2 cups coconut milk
1 cup eggplant, diced 1/2 inch cubes
1/2 cup green beans
2 Tbsp fish sauce
1 Tbsp palm sugar
1/2 tsp salt
1/2 cup basil leaves
Fresh chilies, optional

Green Curry Paste:
1 Tbsp coriander seeds
1 Tbsp cumin seeds
5 whole peppercorns
3 stalks lemon grass, chopped (available at a Chinese grocer's)
1/4 cup cilantro, roots and leaves
1 tsp chopped ginger
2 Tbsp chopped shallot
1 Tbsp minced garlic
1/2 cup fresh green chilies
1 tsp salt
1 tsp shrimp paste
1 cup water, or less

In a heavy bottomed saucepan, warm the coconut cream over medium heat until it simmers gently, stirring occasionally. The coconut will become fragrant as it thickens.

Add the curry paste and stir it into the coconut cream to dissolve. Add chicken; stir-fry for 1 to 2 minutes. Add coconut milk, shrimp, eggplant, green beans, fish sauce, sugar and salt; stir well. Adjust heat to maintain a gentle simmer for 8 to 10 minutes.

Taste; adjust seasoning with more fish sauce, sugar or curry paste.

When the chicken, shrimp and the vegetables are just tender, transfer to a serving bowl. Stir in the basil leaves. Serves 4.

Green Curry Paste: Combine all ingredients in blender or food processor; grind to a paste. Add water as needed to ease the grinding. Makes 1 cup of curry paste.

CURRY CHICKEN PASTILLAS

Paul Lavender
Blackjacks Saloon

2 small chicken breasts
2 stalks celery, finely chopped
3 Tbsp toasted coconut
1 Tbsp butter
1 1/2 tsp curry powder
1 box (4 sheets) phyllo pastry
1/4 cup melted butter

Cook chicken, covered with foil, on oiled tray at 350°F for approximately 20 minutes. When chicken is cooked and cool enough to handle, chop into small cubes. In skillet, mix chicken, celery, coconut, butter and curry powder; sauté for 2 minutes. Allow mixture to cool.

Lay out 1 sheet of phyllo pastry; brush sparingly with butter. Put another sheet on top of the first; brush with butter. Cut pastry into 6 strips. Place 1 tablespoon chicken mixture at end of each strip. Fold a corner over the mixture to form a triangle-shaped pocket. Fold the pocket over itself. Repeat this entire process until mixture is finished.

Place pastillas on well oiled tray. Brush with butter. Bake for 10 minutes at 350°F. Serves 12.

QUICK AND EASY HUMMUS

Lynda Corkum

1 clove garlic
8 Tbsp vegetable oil
1/2 tsp salt
2 Tbsp lemon juice
1 large can chickpeas, drained

Slice garlic and steep in oil for several hours or overnight. Discard garlic. Place oil, salt and lemon juice into blender. Blend very briefly to mix. Add drained chickpeas and blend until smooth.

If mixture is too thick, thin with a little fluid from chickpeas.

Serve with pita bread or use as a savory spread on sandwiches instead of butter.

INSALATA DI MARE

Mike Cileberto
La Guardia

1995 Battle Entry

La Guardia, 59 Pitt Street East, offers a varied Italian menu in its fine dining section and traditional Italian pizza in its casual dining section.

2 lb octopus
2 lb cuttlefish
2 lb squid
2 lb baby shrimp
Marinade:
1 cup olive oil
1 Tbsp chopped garlic
1/2 Spanish onion, chopped
2 celery stalks, chopped
1 green pepper, chopped
2 tomatoes, chopped
1/2 cup lemon juice
1/2 cup capers
Salt and pepper, to taste

Clean, cut and cook the seafood. Drain and chill.

Marinade: Combine ingredients; mix with seafood. Let marinate, chilled, for a minimum of 2 hours before serving.

FRESH MUSSELS "MARINIERE"

Kurt Deeg
Ye Olde Steak House

Long time owner of Ye Olde Steak House on 46 Chatham Street West, and of the former L'Auberge de la Bastille, Kurt Deeg offers the following delicacy.

36 mussels
3 Tbsp chopped onion
1 Tbsp chopped parsley
Dash white pepper
1/2 pt heavy cream
6 oz dry white wine

Place all ingredients, except cream, in pot; bring to a boil. To retain flavour, make sure that the cooking pot is covered with a lid. Remove the mussels. Reduce the liquid for 2 to 3 minutes. Add the cream. Season to your liking and pour over the mussels. Serves 4.

Preparation Time: 10 minutes.

PETITE POULET

Colleen Soulliere
1993 Battle Entry
Metro Executive Class Catering

Official caterer to the Cleary International Centre, Metro Executive Class Catering will cater any event, from a simple lunch to a spectacular wedding.

750 g boneless chicken breast
1 egg white
4 slices white toast bread
1 1/2 tsp oregano
1 oz cognac
1/4 tsp ground nutmeg
20 g minced garlic
1 1/2 tsp poultry seasoning
1 tsp salt
1/3 tsp ground white pepper
1 1/2 oz 35% cream
3 oz cracked ice
Glaze:
3 oz 35% cream
1/2 oz aspic
1 1/2 Tbsp flour
1 oz water
Pinch salt

Cut chicken into 1 1/2 inch cubes. Add all ingredients to chicken; refrigerate for 30 minutes. Mix water, flour and 3 ounces cream; set aside. Using a blender, purée the chicken mixture with cracked ice until a smooth paste. Using a 2 ounce ice cream scoop, scoop 1/2 ball and place directly into boiling water. Simmer for approximately 12 minutes. Cool in ice water. Drain and place onto tray, round side up.

Glaze: Boil cream, flour, water and salt; remove from stove. Add aspic, following directions on package.

Coat the top of the 1/2 ball with glaze by dipping with a fork. Refrigerate for 15 minutes. Coat again.

Garnish with a cilantro leaf and a red pepper diamond.

Makes 10 servings of 2 pieces each.

PUMPERNICKEL SPINACH DIP

Nell Exner

1 loaf pumpernickel bread
1 cup sour cream
1 cup mayonnaise
1 pkg vegetable soup mix
1 pkg frozen spinach, chopped

Thaw and drain spinach. Mix well with sour cream, mayonnaise and soup mix and refrigerate. Hollow out the pumpernickel bread and break into bite-sized pieces. Just before serving, fill bread cavity with spinach mixture and surround with bread pieces.

MEXICAN SALSA CREAM CHEESE DIP

Sheila Stiers

250 g pkg Philadelphia cream cheese
1 cup sour cream
1/2 pouch taco seasoning mix
2 cups salsa (or enough to cover top of cheese mixture)
1 cup shredded cheddar cheese
Shredded lettuce
2 cups diced tomatoes
1/2 cup thinly sliced green onions

Soften cream cheese and mix well with sour cream. Add taco seasoning and spread mixture over the bottom of a plate or dish. Top with salsa, shredded cheese, lettuce, tomatoes and green onions; refrigerate.

Use tortilla chips to scoop out dip.

PEPPER MISTO

Nell Exner

A saucy vegetable mixture

1/4 cup pure corn oil
3 cups sliced onions
4 green peppers, cut into 1/2 inch strips
19 oz can tomatoes, drained
1 tsp red wine vinegar
3/4 tsp salt
1/4 tsp freshly ground black pepper

Sauté onions in oil until soft and lightly browned. Add pepper strips; cook, covered, for 10 minutes, stirring occasionally. Mix in remaining ingredients. Cover; continue cooking until the peppers are tender, 5 to 10 minutes. Remove cover and cook over high heat, stirring often, until liquid has evaporated and pepper mixture is thick. Serves 4 to 6.

POTATO ROYALE

Cathie Penner
Pelee Treasures

For a simple way to serve an elegant dinner to unexpected guests, try this.

Steak of your choice, broiled to your taste
Salad of your choice
Baked potato
Butter
Sour cream
20 g Pelee Gold whitefish caviar

Top your baked potato with the usual butter and sour cream. To make it special, top with Pelee Gold whitefish caviar.

RAGOUT OF MUSHROOMS AND SPRING ONIONS

Brian Bannon

3 Tbsp unsalted butter
8 oz fresh mushrooms
16 spring onions, trimmed to 2 inches
1/2 cup white wine
1 cup veal, beef or chicken stock
1/4 cup heavy cream
Salt
Pepper
Lemon juice

In a large pan, melt 2 tablespoons of butter. When foamy, add mushrooms and cook over high heat 1 to 2 minutes or until mushrooms start to brown. Set them aside. Add remaining butter to pan and add onions. Sauté 2 to 3 minutes. Add white wine and reduce until evaporated. Add stock, simmer over low flame until onions are soft but not falling apart. Add more stock or water to keep onions simmering. Return mushrooms to pan, add cream and bring slowly to simmer. Season with salt, pepper and lemon juice. Keep warm until served.

ROASTED RUSSIAN PEANUTS

Buddy Miloyevich
Bubi's Awesome Eats

Bubi's is located the corner of University and Janette and is best known for its garlicky-sauced burgers and heavenly cheesecakes. "Bubi" is derived from a slang Yugoslavian term meaning grandmother.

4 heads garlic
Olive oil
1 mini Brie or Camembert cheese
2 French sticks

Cut heads of garlic, lopping off the top half to expose each encapsulated clove still bound together by the root. Place heads on pie plate; drizzle oil over each head. Broil until soft and tender, about 6 to 10 minutes. Don't worry if the heads burn slightly on top; the taste will not be affected. Microwave cheese until warm and soft, about 1 to 2 minutes.

Serve the cheese surrounded with various fruit pieces (e.g. sliced kiwi, halved strawberries, red or green seedless grapes) and French sticks on a long wooden board. Place the garlic into a shallow flat bottomed bowl.

Your guests will enjoy plucking out those tender nutty cloves and spreading them with the gooey cheese on the fresh bread with such fervour, that it is best to keep the table of service on the small side just to keep everything within easy reach.

Easily satisfies 4 devouring pre-meal appetites.

SASKATOON BERRY BRIE

1995 Battle Winner

Dan Hemmings
Johnny Canuck's

Owner Lucky Stratis and chef Dan Hemmings offer Canadian themed casual dining at Johnny Canuck's, 375 Ouellette Avenue. Dan explains that "the saskatoon berry can only be found in Alberta and Saskatchewan and is best described as a cross between a blueberry and a cranberry."

4 wheels Brie cheese
1 cup saskatoon berries
1 oz sugar
Juice of 1/2 lemon
Juice of 1 lime
3/4 cup raspberry jam
1 cup flour
1 cup bread crumbs
3 eggs
1/4 cup milk
2 oz Chambord
1/4 cup melted butter

Place the berries, sugar, lemon juice and lime juice in a saucepan; simmer over medium heat until the berries begin to break down, approximately 20 minutes. Add jam; mix thoroughly. Simmer 10 minutes longer. Remove from heat and mix in the Chambord. Combine eggs and milk and beat. Cut each wheel of Brie in 6 even pieces. Roll each piece of Brie in flour then egg wash then in bread crumbs. Place the breaded Brie onto a baking sheet and drizzle each piece with melted butter. Place into a preheated oven at 375˚F for 8 to 10 minutes.

Serve with the sauce on the side. Serves 4.

SERBIAN VEGETABLE CAVIAR

Sam Drakich
The Top Hat

2 red peppers
2 green peppers
1 medium mild onion
1/2 cup olive oil
2 Tbsp fresh lemon juice
Salt and fresh pepper

Preheat oven to 400˚F. Place peppers into shallow roasting pan. Add water to depth of 1/8 inch. Roast until peppers are soft and skin can be pierced easily with a fork, about 30 to 45 minutes. Remove from heat and cool thoroughly. Remove seeds and skin peppers. Place the peppers and remaining ingredients into a food processor. Chop until mixed. Makes 2 cups.

SEAFOOD ANTIPASTO

1994 Battle Entry

Adel Gabr
Ciociaro Club of Windsor

The Ciociaro Club of Windsor, built on the Italian tradition, offers custom designed menus and packages for any occasion for 50 to 2000 people. While banquets, weddings and showers are a specialty, the Ciociaro Club will also cater to your own location, even offering a convenient take-out service for smaller functions when entertaining at home.

2 lb squid tubes
2 lb cuttlefish
2 lb octopus
2 lb baby shrimp
1/4 cup olive oil
1/2 cup black olives
1/4 cup lemon sauce
1/4 cup sliced red peppers
2 cloves garlic, chopped finely
2 Tbsp chopped parsley
1 tsp allspice
Salt and pepper, to taste
1/8 cup white vinegar
1/8 cup white wine

Boil water and season with allspice and salt, to taste. Add cuttlefish; boil for 20 minutes. Add squid; cook 10 minutes longer or until tender. Remove the squid and cuttlefish from the water and rinse them in cold water. To same hot boiling water, add octopus; cook for 1/2 hour. Drain and rinse in cold water. Chop all the seafood into small chunks. Season with the remaining ingredients and serve.

TACO BAKE

Judy Beswick

1 1/2 lb ground beef
1/2 cup chopped onions
1 pkg taco seasoning mix
15 oz can tomato sauce
15 oz can corn
2 cups shredded cheddar cheese
Topping:
2 cups Bisquick
1 cup milk
2 eggs

Brown onions. Brown beef; drain. Spoon beef and onions into ungreased 9x13 inch pan. Stir in seasoning mix, corn, and tomato sauce. Sprinkle cheese over this mixture.

Topping: Stir and blend ingredients in a separate bowl. Spread evenly over meat mixture. Bake at 350°F for 40 minutes or until lightly browned.

TANGY NACHO DIP

Janet Kelly

Philadelphia cream cheese
Cheddar cheese
Tomato
Seafood sauce
1 Tbsp mayonnaise
1/2 pkg taco seasoning, approximately
Lettuce
Jalapeno pepper, optional

Sit cream cheese at room temperature. Mix taco seasoning into cream cheese. Add mayonnaise; stir. Spread mixture onto a flat container. Spread a layer of seafood sauce over the cream cheese. Grate cheddar cheese and sprinkle over seafood sauce. Top with chopped tomato, sliced lettuce and if you wish, sliced jalapeno peppers.

Serve with tortilla chips.

STUFFED SHRIMP WITH SMOKED SALMON

1990 Battle Winner

Norm Wakerell
Sydney's Seafood

This makes a wonderful pass around hors d'oeuvre with toothpicks or on toast points.

1 lb (16 to 20 count) shrimp, peeled and deveined
1 piece smoked salmon
1/2 oz black lumpfish caviar
6 oz cream cheese
1 tsp minced scallions
1 oz Triple Sec liqueur
4 oz marmalade
1 oz horseradish
6 cups water
1 cup white wine
1 tsp whole peppercorns
1/2 cup chopped onion

Bring water, white wine, peppercorns and chopped onion to a gentle boil for 10 minutes. Place shrimp into liquid, stirring until cooked, approximately 3 to 5 minutes. Strain shrimp; submerse in ice water until cooled then refrigerate. Using electric blender, blend cream cheese, Triple Sec and minced scallions; blend well.

Use spatula to apply cream cheese into shrimp cavity until level with edges. Place slim strip of salmon, along length of shrimp, over the cream cheese. Using knife tip, gently place a few beads of caviar onto the cream cheese. Mix marmalade with horseradish; place small dash inside the arc of the shrimp.

Garnish with lemon zest and lime zest. Serves 4 to 6.

SOUTHERN SWIRL

1995 Battle Entry

Anne and Troy Loop
The Vintage Goose

The Vintage Goose, located at 24 Main Street West in Kingsville, is owned and operated by Anne, Troy and Trevor Loop. This unique fine dining restaurant offers menus which change monthly. Chef Gisele Taillon shares her recipe for "Southern Swirl", which she says "was chosen by our kitchen to feature in the 1995 Battle of the Hors D'Oeuvres as it coincided with, and was featured at, the opening of our Tin Goose Inn and Gooseberry's Island Cuisine on Pelee Island".

15 sheets phyllo dough
1 cup melted butter
1 1/2 cups cream cheese
1 Tbsp fresh garlic
Pepper and cajun spice, to taste
1/4 cup bread crumbs
2 eggs
1 1/2 cups chopped bacon
1 1/2 cups diced red bell pepper
12 asparagus spears

Lay out 15 sheets of phyllo dough. Cover with a piece of parchment paper and a damp cloth, so that the dough doesn't dry out. Mix together the cream cheese, garlic, pepper and cajun spice. Set aside. Cook and drain the chopped bacon. Set aside. Finely chop the red pepper and set aside. Cook the asparagus spears until al dente and set aside.

Lay out 1 sheet of the phyllo dough lengthwise and brush with melted butter. Repeat this step until 5 sheets of dough have been done. Spread the cream cheese mixture onto the phyllo, leaving a 1/2 inch border all around the edges. Starting down at the bottom, lay out 1 row of asparagus from side to side. Above that, place 2 inches of diced red peppers. Above that, place 2 inches of bacon. Starting at the bottom, roll upwards, sealing the length's border with melted butter.

Brush entire roll with butter. Wrap in plastic wrap and freeze for 1 hour.

Remove from freezer. Remove plastic wrap. Slice roll into 1 inch slices. Place onto a baking sheet and bake at 350°F for 20 to 30 minutes or until crisp. Makes 3 rolls, with 15 pieces per roll.

LeBlanc's Reisling is a nice accompaniment.

SPANAKOPITA (Spinach Pie)

1990 and 1991 Battle Entry

Nick and Thanasi Pontikis
Thanasis

Thanasis, an ethnic Greek restaurant located at 1204 Tecumseh Road East, offers 63 Greek and Canadian dishes on its menu. The following recipe is an old Greek island recipe passed down over the generations to chef Maria Pontikis. Imported Apelia Greek wine, white or red, is a nice accompaniment.

4 pkg spinach
4 eggs
500 g cottage cheese
500 g feta cheese, crumbled
1/2 cup vegetable oil
1/2 cup finely chopped green onions
1 Tbsp dill weed
Pepper
1 pkg phyllo pastry

Wash spinach; boil until it becomes limp. Place into a strainer and squeeze out the excess water. Chop into small pieces.

Place the oil, onions and dill into a pot and sauté. Add the spinach and sauté slightly. Remove pot from the stove and add the eggs and cheeses, blending everything together. Place some oil into a bowl.

Grease a medium pan and put aside.

Place a sheet of phyllo in pan, allowing edges to hang over the side. Continue adding sheets of phyllo, oiling each sheet as it's placed on top of the previous one, until they fill 1/2 the pan. Add the spinach mixture and fold over the phyllo sheets that are hanging over the sides of the pan. Continue adding sheets and oiling them until they reach the top of the pan (don't let them hang over the sides at this point). After oiling top sheet, cut top few layers to desired shape; don't cut too deeply.

Bake in preheated oven at 350°F for 30 to 45 minutes until pastry is golden. Makes approximately 28 pieces.

TERRINE OF RABBIT WITH CHERRIES AND SHERRY VINEGAR

1987 Battle Entry

The Top Hat
Sam Drakich

Stock:
Bones from 5 to 6 lb rabbit
Veal knuckle
3 large onions
2 carrots
1 cup dry white wine
1 cup water
1/2 tsp freshly ground pepper
2 pinches rosemary and thyme
Bouquet garni (parsley chervil, bay leaf)
Salt
Forcemeat:
2 lb rabbit meat
1/2 lb veal leg
1/4 lb ham, chopped
1/4 lb lean belly of pork, chopped
1/4 lb pork back fat, chopped
1/2 cup brandy
2 tsp salt
Pinch rosemary and thyme
1 lb pork fat, cut into 1/8 inch thick sheets, for lining terrine
Cherries and Sherry Vinegar:
1 cup Montmorency cherries, pitted and stemmed
2 oz sherry vinegar
1 Tbsp honey
6 Tbsp sugar
6 strips orange peel

Stock: Combine all ingredients, except salt, in large pot. Bring to a boil; skim. Reduce heat and simmer for 1 hour. Strain; reduce by 1/2 over high heat. Add salt to taste.

Forcemeat: Chop the rabbit and veal meat. Reserve a large portion and combine the remainder with the other ingredients.

Preheat oven to 325°F.

Line a 2 quart terrine mold with the sheets of pork fat, reserving some for the top. Alternate the forcemeat with the large pieces of rabbit veal, finishing with the forcemeat. Cover with the remaining sheet of pork fat. Pour 1/4 cup reduced stock over top. Bake for 2 hours. Remove from oven and cool. Place weight on top and refrigerate overnight. Serves 10.

Serve with the Cherries and Sherry Vinegar.

VANILLA LOBSTER TAILS

1991 Battle Entry

Norm Wakerell
Sydney's Seafood

This is an appetizer that impresses visually and has a wonderful subtle flavour.

6 cups water
1 cup white wine
1 Tbsp whole peppercorns
1/2 cup chopped onions
4 (2 to 3 oz) frozen lobster tails
2 oz shredded crab meat
1 oz shelled pistachio nuts

Mayonnaise Sauce:
3 oz mayonnaise
1 tsp vanilla extract
1 tsp Dijon mustard
1 tsp champagne vinegar
Salt and pepper, to taste

Thaw lobster tails; cut down length of tail on top of shell, using scissors. Pull meat out onto top of shell. Cut down on meat 3/4 of the way through diagonally in a crisscross pattern so that the meat opens up. Bring water and wine to a boil. Add onions and peppercorns; boil 10 minutes. Place tails into water and poach for 3 to 5 minutes. Remove and refrigerate.

Apply Mayonnaise Sauce liberally to cooled lobster meat with a basting brush. Sprinkle cooked crab meat lightly over top, then pistachios.

Serve on a bed of lettuce chiffonade with lemon wheels and watercress. Serves 4.

VEGGIE BARS

Lani Landale

2 (250 g) pkg Pillsbury crescent rolls
3/4 cup Miracle Whip
1 pkg dry ranch salad dressing mix
2 (250 g) pkg softened cream cheese
1/2 cup chopped broccoli
1/2 cup chopped green pepper
1/2 cup chopped green onions
1/2 cup grated carrots
1/2 cup chopped tomatoes
1/2 cup sliced olives
3/4 cup shredded Colby cheese

Preheat oven to 350°F. Spray 2 cookie sheets with cooking spray. Roll out crescent rolls to fill sheets; don't pull too much or crescents will separate. Bake 8 to 10 minutes or until golden; cool. In blender, combine cream cheese, Miracle Whip and dry dressing; blend until creamy. Spread on cooled crust. Layer vegetables in order given. Sprinkle with cheese. Cover with wax paper; press down firmly. Chill 2 hours. Cut into size of squares desired for serving. Makes 24 to 48, depending on size.

An alternate method is to divide each crescent in 1/2 before baking then spread cheese and top each one individually. This takes longer to prepare but looks more elegant.

SUN-DRIED TOMATOES AND GOAT CHEESE ON CAYENNE TOASTS

1988 Battle Entry

Sam Drakich
The Top Hat

Cheese:
1 1/2 oz dried tomato (not oil stored)
1 cup olive oil
2 large garlic cloves
2 parsley sprigs
5 basil leaves
1/4 tsp cayenne
1/2 tsp salt
Pinch sugar
1 green onion
2 (4 oz) goat cheese rounds

Cayenne Toasts:
3 French baguettes
1 cup olive oil
2 tsp cayenne
1 1/2 tsp salt
1 1/2 tsp sugar
1/2 tsp finely ground fresh black pepper
1 tsp paprika
1 1/2 tsp garlic powder
1 1/2 tsp onion powder

To prepare cheese, place dried tomatoes over a steamer rack over simmering water until soft. Place all ingredients, except cheese, in food processor; blend until almost smooth.

Pour sauce over goat cheese and serve with Cayenne Toasts.

Cayenne Toasts: Preheat oven to 200°F. Slice bread 1/2 inch thick. Mix topping ingredients together. Brush the bread slices 1 side only with the topping mixture. Keep stirring the mixture as you work. Place on baking sheet; bake for 1 hour. Serve with sun-dried tomatoes and goat cheese.

Serves 8 to 10.

ZUCCHINI AL GRATTE

1991 Battle Entry

Laura Pagana
Laura's Place

Laura's Place, 322 Pelissier Street, offers a traditional Italian menu.

8 large zucchini
2 eggs
1 cup flour
2 cups béchamel sauce
1 cup shredded mozzarella cheese
Pinch salt, pepper, parsley

Beat eggs with salt, pepper and parsley. Slice zucchini thinly; dip into flour then into egg mixture. Fry for several minutes or until golden. Layer 1/2 of fried zucchini in greased ovenproof casserole. Cover with 1/2 of béchamel sauce and 1/2 of mozzarella cheese. Repeat. Bake at 350°F for 15 minutes.

BLACK BEAN SOUP

Paul Lavender
Blackjacks Saloon

Previously at Traiteurs Bistro, Paul Lavender has been chef of Blackjacks Saloon on 656 Pitt Street West for 3 years. A casual fine dining restaurant which specializes in steaks, seafood and pasta, Blackjacks also offers such favourites as the following.

8 cups dried black beans
2 cups chopped green peppers
2 cups chopped onions
12 cups chicken stock
2 tsp chili powder
1/2 tsp salt
1/4 tsp black pepper
1/8 tsp cayenne pepper
1 1/2 cups vegetable oil
1 1/2 cups flour

Boil beans until soft, approximately 1 hour. Be sure to keep adding water so that the beans are covered at all times. When beans are boiled, rinse them in cold water. Purée the beans, adding water to form a paste. In large pot, combine all ingredients, except vegetable oil and flour; stir frequently. In another pot, heat oil on high for 3 minutes. Add flour, whisking thoroughly. Remove from heat. When soup is boiling, add oil/flour mixture; whisk vigorously for 3 minutes. Simmer for 20 minutes. Makes 10 to 12 cups.

Garnish with grated cheese, sour cream and chives.

CANADIAN PEA SOUP

Sandy Ries

1 pork shank
3 qt water
2 1/2 cups peas (yellow, green, whole or split)
1 medium onion, chopped
1 medium carrot, chopped
1/4 cup cream
Salt and pepper, to taste

Combine first 3 ingredients and boil gently for 3 hours. Add vegetables; simmer 1/2 hour longer. When ready to serve, add cream.

CHEESY CHOWDER FOR MICROWAVE

Nell Exner

1 Tbsp butter or margarine
3 large carrots, sliced
1 large onion, chopped
1 green pepper, diced
2 cloves garlic, crushed
1/4 cup flour
Salt and pepper
1 Tbsp dry parsley
2 cups chicken broth
1 cup milk
1 lb fish, cut into bite sized pieces
1/2 cup grated cheddar cheese

Place butter into a large, 3 quart or larger, casserole dish. Microwave at 50% power until melted, approximately 1 minute. Add the carrots, onion, green pepper and garlic and stir to coat vegetables with the melted butter. Cover the dish tightly and microwave on High for 6 minutes. Vegetables should be tender.

Add flour, salt, pepper and parsley; mix well. Gradually add broth and milk; microwave, without lid, on High for 6 to 8 minutes or until mixture begins to thicken. Add the fish, stir and cover. Microwave for 8 minutes or until fish flakes easily. Do not overcook as fish will become rubbery in texture. Cheese can be added during the last 3 minutes of cooking or can be added to each bowl as served. Serves 4.

Serve with rolls and a salad for a complete meal.

CREAM OF BROCCOLI SOUP

Rose Culmone

1/4 cup chopped onion
1 Tbsp butter
2 1/2 cups milk
1 Tbsp chicken bouillon
10 oz frozen broccoli, chopped
1/2 tsp salt
1/8 tsp pepper
1 cup grated cheddar cheese

Sauté onion with butter in a saucepan until clear and soft. Add remaining ingredients, except cheese; bring to a boil. Cover and simmer until vegetables are cooked. Cool a bit. Chop to desired coarseness, in batches, in a blender. Return to saucepan. Add cheese. Stir to melt.

Garnish with a piece of broccoli.

CONGEE (Chao)

Thanh and Barbara Jean Lam
The Mini

Congee is a thick rice soup made by cooking rice in much more liquid than would normally be used.

To make congee, uncooked rice is used rather than leftover cooked rice. Uncooked rice can absorb more liquid than cooked rice and each grain will swell up and become light and fluffy. This produces a better overall consistency and a velvety smoothness.

The general ratio of liquid to rice would be approximately:

1 cup rice, washed and drained **3 qt soup stock or chicken broth**

Vegetarians may use water or vegetable stock.

Bring soup stock to a vigorous boil. Add the washed rice. Keep liquid boiling vigorously for 30 minutes with cover off then turn heat down to a simmer. Cover and cook until the grains of rice disintegrate. Some of the liquid will evaporate as steam. This will take 2 to 3 hours.

This recipe will make enough congee to serve 6 to 8.

This is the basic congee recipe. From this point on it can become as elaborate as you like, adding whatever you wish to it, such as slices of meat, seafood or mushrooms and fresh vegetables. Stir in some crushed chili peppers and your congee becomes spicy. Top of bowl is garnished with black pepper, sesame oil, chopped green onions, even fine slices of fresh ginger root. The possibilities are endless.

Excess congee may be frozen and kept for months.

FRENCH ONION SOUP

Rose Culmone

4 Spanish onions
6 beef bouillon cubes
1 1/2 tsp salt
1/4 cup butter
6 cups water
French bread slices or croutons
Grated Parmesan cheese
Mozzarella cheese

Slice peeled onions thinly. Sauté in butter in frying pan until a rich brown colour. This is easier to do in batches. Combine beef cubes, water and salt in a large pot. Heat. Stir to dissolve cubes. Add browned onions. Ladle into bowls. Top with croutons. Cover with lots of cheese. Bake at 450°F or broil to melt and brown cheese.

MEDITERRANEAN CHOWDER

A classic soup for a cold winter night!

Paul Lavender
Blackjacks Saloon

2 medium chicken breasts
2 lb mussels
1 cup tomato sauce
2 cups chicken stock
2 Tbsp chopped green onions
1 oz white wine
2 Tbsp grated carrot
1/2 cup croutons
2 Tbsp Parmesan cheese
1 Tbsp chopped garlic
2 Tbsp butter

Cook chicken on oiled tray in oven at 350°F for 10 minutes. When chicken is cooked and cooled enough to handle, cut into large chunks. In a large skillet or shallow pot, melt butter. Sauté garlic, grated carrot and green onions. Add wine and tomato sauce. Heat sauce; add mussels, chicken and stock. Cover and simmer 3 to 4 minutes on medium heat. Arrange chowder decoratively in a bowl. Garnish with croutons and Parmesan cheese.

MINESTRONE SOUP

Gail Postlethwaite
Creative Catering

1 tsp vegetable oil
1 lb lean ground beef
1 cup chopped onions
1 cup chopped celery
1 cup shredded cabbage
1 cup diced potatoes
1 cup sliced carrots
28 oz can tomatoes
6 cups water
2 tsp salt
1 tsp Worcestershire sauce
1/4 tsp pepper
2 bay leaves
14 oz can kidney beans
1/2 cup elbow macaroni
Grated Parmesan cheese, optional

Wipe deep heavy pot with oil. Add meat and brown. Drain fat. Add onions and everything listed, except kidney beans, macaroni and cheese; stir well. Bring to a boil. Reduce heat; simmer, covered, 1 hour. Add beans and macaroni; cook for 30 minutes longer. Ladle into warm soup bowls. Sprinkle each with 1 teaspoon grated Parmesan cheese, if desired. Delicious!

MULLIGATAWNY SOUP

Ann Marie Hranka

Mulligatawny is a thick curry-flavoured soup of Indian origin. This hearty recipe makes a complete meal!

1 Tbsp unsalted margarine
1 medium sized yellow onion, chopped
1 medium sized carrot, peeled and sliced
1 medium sized tart apple (peeled, cored and chopped)
1 medium sized celery stalk, sliced
1 small sweet green pepper (cored, seeded and chopped)
2 Tbsp flour
1 Tbsp curry powder
1/2 tsp cayenne powder, optional
4 cups low sodium chicken broth
14 oz can low sodium tomatoes, drained and chopped
3 whole cloves
1/4 tsp ground mace
1/4 tsp ground nutmeg
1/8 tsp black pepper
1 cup cubed cooked light chicken meat
1/2 cup cooked rice
1/4 cup plain low fat yogurt
4 tsp chopped parsley, optional

In a large heavy saucepan, melt the margarine over moderate heat. Add the onion, carrot, apple, celery and green pepper; cook, uncovered, for 5 minutes or until the union is soft. Blend in flour and curry powder and cook, stirring 1 minute longer. Add the chicken broth, tomatoes, cloves, mace, nutmeg and black pepper.

Raise the heat to moderately high, cover and bring to a boil. Adjust the heat so that the mixture bubbles gently. Cover; simmer for 30 minutes. Remove and discard the cloves. Cool the soup for 10 minutes.

In an electric blender or food processor, whirl the soup in 3 batches for 20 seconds each. Return to the saucepan, add the chicken and rice and cook, stirring, over moderate heat for 3 to 5 minutes or until soup is heated through.

Ladle into soup bowls, top each with 1 tablespoon of the yogurt, and sprinkle, if you like, with 1 teaspoon of the parsley. Serves 4.

Preparation Time: 20 minutes. Cooking Time: 45 minutes.

SQUASH APPLE SOUP

Paul Herrmann
The Windsor Hilton

The Park Terrace Restaurant at The Windsor Hilton, 277 Riverside Drive West, presents fine dining while overlooking the Detroit River. Spectacular luncheon buffets and Sunday brunch are a special feature. Chef Paul Herrmann offers this personal favourite recipe.

4 butternut squash, peeled, seeded and cut into chunks
3 medium sized apples, peeled, cored and cut into chunks
2 onions, minced
2 large carrots
1/2 cup flour
1 tsp cinnamon
1 tsp nutmeg
1 Tbsp brown sugar
2 to 3 L chicken stock
1 Tbsp vegetable oil
Salt and pepper

Sauté onions in oil until translucent. Add carrots, squash, flour, spices and chicken stock; mix well. Bring to a boil; simmer for 30 to 40 minutes. Purée everything. Soup should be creamy and smooth. Add brown sugar, salt and pepper to taste.

HARVEST GOLD SQUASH SOUP

Kathryn Borrelli

This soup is delicious served with finely sliced chives and a dollop of sour cream or plain yogurt.

2 cups pulp from boiled or baked butternut squash
1 large Spanish onion, chopped
2 Tbsp vegetable oil
1/4 tsp nutmeg
1/4 tsp cinnamon
1/4 tsp thyme
1 bay leaf
1 carrot, finely chopped
1 stalk celery, diced
1 1/2 cups water
1 1/2 cups tomato juice
1 cup apple cider
1 cup orange or tangerine juice
Salt and pepper, to taste

Sauté onion in oil with spices and bay leaf until onion is softened. Add the carrot, celery and water. If the squash was boiled, reserve the cooking water and use it here. Cover and simmer until carrots are tender. Remove bay leaf and purée the cooked mixture with the squash. Combine puréed mixture with juice in saucepan. Season with salt and pepper. Heat gently.

SWORDFISH CORN CHOWDER

Karen Behune Plunkett
Plunkett's Bistro-Bar

Plunkett's, 28 Chatham Street East, is owned by Michael Plunkett and Karen Behune Plunkett, with Karen managing the kitchen. Offering an eclectic menu and specializing in creative grill items, Plunkett's has been a favourite for 17 years. Karen was a past Battle participant while owner and chef of Caterings on Pelissier Street.

1/2 lb bacon or salt pork
2 cups diced yellow onions
1 cup diced red bell pepper
2 Tbsp minced garlic
3 qt fish stock or clam broth, unsalted
4 cups diced tomatoes with herbs
6 cups diced Idaho potatoes
4 cups fresh sweet corn kernels
3 bay leaves
1 tsp fresh thyme leaves
1/2 cup chopped fresh basil leaves
3 lb fresh swordfish, skinned and cut into large cubes
Salt and freshly ground white pepper

Place bacon into skillet over medium heat and sauté until golden. Turn heat to low. Add onions, pepper and garlic; sauté until soft. Add fish stock, diced tomatoes, potatoes, corn and herbs. Simmer until potatoes are just tender, about 20 to 30 minutes. Add swordfish; season and continue to simmer until just done.

To serve, ladle into warm bowls and serve immediately. Serves 6.

ASPARAGUS PASTA SALAD WITH PESTO

Nancy O'Reilly

1/2 lb asparagus
2 cups dried pasta, cooked
4 sun-dried tomatoes, thinly sliced
1 clove garlic
1/2 cup packed fresh basil leaves
2 Tbsp toasted pine nuts
1/3 cup good quality olive oil
1/4 tsp salt
1/4 tsp pepper
1/4 cup freshly grated Parmesan cheese

Cut asparagus into 2 inch lengths. Boil just until tender crisp. Drain and refresh under cold water. Drain and place into a large bowl with pasta and sun-dried tomatoes. In a food processor or blender, combine garlic, basil and pine nuts; process until finely chopped. Add oil, salt and pepper and process just until blended. Add dressing and Parmesan cheese to asparagus mixture; toss gently and serve.

FAMOUS FOR NUTTY CHICKEN SALAD

Robinson Pelletier and Cheryl Abela
Lucas' on the Grill

3 chicken breasts
Barbecue sauce
1 head Boston lettuce, washed and drained
1 head romaine lettuce, washed and drained
2 apples, diced
1 cup raisins
1/2 cup roasted almonds
1/2 cup sunflower seeds
Poppy seed dressing (available at Lucas' on the Grill)

Lightly brush chicken with barbecue sauce; grill until no longer pink inside. Tear lettuces into bite sized pieces; toss together. Top with apples, raisins, almonds and sunflower seeds. Cut chicken into thin strips or chunks; arrange over salad.

Serve with a poppy seed dressing on the side. Serves 4.

VIETNAMESE SHREDDED CHICKEN CABBAGE SALAD (Goi Ga)

1993 Battle Winner

Thanh and Barbara Jean Lam
The Mini Restaurant

In addition to being light, fresh and tasty, this authentic Vietnamese salad is virtually fat free, keeping in line with today's eating trends.

1/2 lb boneless chicken breast (approx 2 large breasts)
4 cups fresh head green cabbage, approx
1/2 Spanish onion
1/2 green pepper
1/2 red bell pepper
1/2 cup chopped fresh basil leaves, available at any Chinese grocery
Juice of 2 good sized fresh lemons or 3 limes
2 Tbsp sugar
1/2 cup crispy onions, baked/low fat, canned or deep fried
1/2 cup crushed peanuts

Steam or bake chicken breast. Cut into strips or shred by hand. Shred cabbage, Spanish onion, green pepper and red bell pepper; mix together in bowl. Add shredded chicken and fresh basil leaves to cabbage mixture. Mix juice of lemons or limes with sugar. Add to shredded ingredients; mix by hand, squeezing the sauce into the cabbage mixture.

Add a small dab of crushed chili peppers to sauce, if you'd like it spicy.

Pile salad onto platter. Top with crispy onions and crushed peanuts. Platter can be garnished with lime or lemon slices and carrot shreds for colour. Makes 2 servings.

ENDIVE, RADICCHIO, CHESTNUTS AND STILTON

Nadia Bannon

2 Tbsp walnut oil
2 Tbsp olive oil
4 tsp sherry wine vinegar
1 small shallot, minced
1 lb Belgian endive, halved lengthwise, cut crosswise into 1 inch pieces
1 cup boiled chestnuts or 1 cup vacuum packed chestnuts, cut into 1/2 inch pieces
1/4 lb radicchio, quartered, cored, thinly sliced crosswise
1/2 cup crumbled Stilton (about 2 oz)
1/4 cup minced parsley

Whisk first 4 ingredients in medium bowl to blend. Season with salt and pepper. Let stand at room temperature 30 minutes.

Can be made 1 day ahead. Cover; chill. Bring to room temperature before using.

Combine endive, chestnuts, radicchio, Stilton and parsley in large bowl. Toss with enough dressing to coat.

FAT FREE SALAD

Adel Gabr
Ciociaro Club of Windsor

4 heads romaine lettuce
1/4 cup white vinegar
1/2 cup white sugar
1 tsp salt
1/2 small red onion, finely chopped
2 Tbsp water
1 can drained mandarins
1/4 cup toasted almond slivers

Chop lettuce into bite sized pieces. Mix all other ingredients. Pour over salad; toss. Garnish with drained mandarins and toasted almond slivers. Serves 20 people.

FRENCH STYLE POTATO SALAD

Brian Bannon

2 lb red or new potatoes, rinsed and scrubbed
4 Tbsp white wine vinegar
1/2 tsp salt
1/2 tsp black pepper
1 Tbsp Dijon mustard
1 medium shallot, minced
6 Tbsp olive oil
2 Tbsp minced fresh parsley
1 Tbsp minced fresh tarragon

Put potatoes in 4 or 6 quart pot. Cover with water; don't salt. Bring to a boil; simmer, stirring once or twice, until thin-bladed paring knife, inserted into potato, can be removed with no resistance, 25 to 30 minutes for medium potatoes and 15 to 20 minutes for new potatoes. Drain; cool a bit. Slice with a serrated knife while still warm; splash with vinegar, salt and pepper as you slice. Combine remaining 2 tablespoons vinegar, mustard and shallot in mixing bowl. Gradually whisk in olive oil. Pour over potatoes, tossing lightly to coat. Refrigerate until ready to serve. Bring to room temperature. Toss in parsley and tarragon. Serve.

NIAGARA SALAD

Mikey Colwell

Dressing:
1/4 cup lemon juice
2 Tbsp honey
1/4 tsp ginger
1/4 cup oil
2 Tbsp maple syrup

Salad:
1 cup pear slices
1 cup halved and sliced grapes
4 cups torn spinach
1 cup peach slices
1/4 cup alfalfa sprouts

Dressing: Combine ingredients in jar; shake well.

Salad: Combine ingredients; toss lightly.

Just before serving, pour dressing over salad.

RAZZBERRY MANDARIN COCONUT SPINACH SALAD

Buddy Miloyevich
Bubi's Awesome Eats

Dressing:
1 egg
1 cup vegetable oil
1 cup raspberries
1 tsp salt
2 Tbsp sugar
1/2 cup red wine vinegar
1 tsp lemon juice
1 Tbsp unsweetened shredded coconut, short shred

Salad:
Spinach
Shredded sweetened coconut, long shred
10 oz can mandarin oranges
1 red onion, in 1/8 inch rings
1 tomato
1 carrot

Dressing: In food processor, scramble egg. Add oil with slow steady pour. Stop processing. Add salt, sugar, vinegar and lemon juice; blend. Add raspberries; pulse to attain an even colour without over processing. Pour into jar. Stir in coconut; let stand overnight in refrigerator.

Salad: Layer washed and dried spinach on large platter. Pour dressing over spinach, leaving a green border uncovered by the dressing; dressing may have to be vigorously shaken or stirred to get an even flowing consistency. Sprinkle with coconut. Drain mandarins; scatter them over salad. Top with rings of red onion. Garnish edges of platter with sliced tomato and carrot sticks.

This brightly coloured, wild and woolly salad is ideal for any festive table.

HORS D'OEUVRES

A Vietnamese Salad for Big Sisters • THE MINI

Petit Poulet • METRO EXECUTIVE CLASS CATERING

Stuffed Pasta Marinara • COMPANY'S COMING

Golden Shrimp • SHIN SHIN

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Girellini Di Ricotta • BRIGANTINO RESTAURANT

DESSERTS

Queen of Shebba Cake • IL GABBIANO

Tiramisu • LAURA'S PLACE

Divine Decadence • WALKER'S CANDIES

French Pastry Century Style • CENTURY SSWAP TEAM

Overtures • MAISON VAN BLOMMESTEIN

~ ENTREES ~

BATTLE OF THE HORS D'OEUVRES

Ladies and Gentlemen, you are invited to be judges as Windsor's best chefs display their culinary magic. You will sit down to a gala 13-course dinner of appetizers and desserts, each one prepared by a different restaurant – and then vote for your favourites. The price includes dinner, complimentary wine (2 bottles per table) and music. Your host for the evening is Bob Williams. Proceeds from this seventh annual event go to the Big Sisters Association which provides volunteer companions for young girls in need.

FRIDAY MAY 28TH 1993

CLEARY INTERNATIONAL CENTRE

CANADIAN CLUB ROOM - 201 RIVERSIDE DRIVE W., WINDSOR

There is no smoking. A reception with wine begins at 6:30 p.m. and dinner starts at 7 p.m. sharp. Please join us for this exciting evening!

BIG SISTERS ASSOCIATION OF GREATER WINDSOR

GROWING TOGETHER

The complete price is $65 Canadian per person, or $50 U.S. Income tax receipts for the charitable portion of the price will be mailed after the dinner. To reserve, send a cheque for the full amount payable to Big Sisters Association of Greater Windsor, 95 Giles Blvd. E. Windsor, Ontario N9A 4B8. ***Please note any seating requests.***

Or Call **(519) 254-3231**

CBC Radio 1550

AZTEC KAHLUA - CASHEW PORK

Anne and Troy Loop
Vintage Goose

This recipe was created by our kitchen for our cruise #1 for the Port of Mexico. The Vintage Goose hosts 3 in-house cruises around the world each year with 7 ports of appeal celebrating the food, spirits and music of different nations.

1 1/2 lb pork tenderloin
1 cup flour
2 Tbsp cinnamon
1/2 cup brown sugar
1 1/2 cups bread crumbs
2 eggs
1 1/2 cups milk

Kahlua Caramel Sauce:
1 Tbsp butter
2 cups brown sugar
1/4 to 1/2 cup Kahlua
1/2 cup cream
1/2 cup salted cashews, optional

Cut tenderloin into medallions. Dust with flour; dip into mixture of eggs and milk then into a breading made up of the bread crumbs, cinnamon and brown sugar.

Grill or sauté medallions with a touch of butter and white wine (optional).

Kahlua Caramel Sauce: In a saucepan melt butter and add brown sugar, stirring constantly. Add Kahlua and cream. Stir at high heat until well blended and consistency is thick.

Lace the cooked medallions with the sauce and top with salted cashew pieces. Serves 4.

Huldah's Rock Chardonnay from Pelee Island complements this dish.

BEEF TENDERLOIN WITH BROILED MUSHROOMS AND WILD RICE

Mike Colwell

Beef Tenderloin:
3 to 4 lb tenderloin of beef
6 strips bacon
Wild Rice:
1 1/2 cups wild rice
1 1/2 tsp salt
6 cups boiling water
Broiled Mushrooms:
1 1/2 lb mushrooms
1/4 cup melted butter

Beef Tenderloin: Preheat oven to 500°F. Have the meat at room temperature and remove the surplus fat. Fold over the thin ends of the tenderloin and secure them with string. Tie the strips of bacon around the roast and place onto a rack in a roasting pan. Immediately reduce heat to 350°F. Allow cooking time of 10 minutes per pound for rare. Increase cooking by 5 minutes for medium and 10 minutes for well done.

Wild Rice: Wash the rice well in several waters, pouring off the foreign particles from the top. Drain it and stir it slowly into the boiling water to which the salt has been added. Cook it without stirring until tender, for about 40 minutes.

Broiled Mushrooms: Remove the stems from the mushrooms. Pat them dry. Brush caps lightly with butter. Place them cap side down onto broiler and broil them for 2 1/2 minutes on each side turning them once. Arrange them cap side up around the tenderloin.

JAMES' BUFFALO WINGS

Barbara Browning

Recipe is courtesy of James Morgan

24 chicken wings
1/2 cup melted butter
6 Tbsp hot pepper sauce or Tabasco sauce
1/4 tsp cayenne pepper
4 Tbsp soya sauce
1 cup brown sugar or honey
Seasoning salt, garlic powder and white pepper for seasoning
6 cups cooking oil
2 cups of your favourite barbecue sauce

Cut wings in 1/2 and remove pinions. Season wings with seasoning salt, garlic powder and white pepper. Deep fry wings in hot oil until golden brown and crispy. Mix remaining ingredients in mixing bowl. Preheat oven to 400°F. Dip wings into the sauce in the mixing bowl. Place wings in baking pan. Bake wings for 10 to 15 minutes or until nicely glazed, basting frequently with remaining sauce.

Pour any remaining sauce over wings and serve hot with carrot and celery sticks and blue cheese dip. Serves 6.

ORIENTAL MINI LOAVES

Wendy Leigh

1 1/2 lb ground beef
10 oz (284 mL) can water chestnuts, drained and chopped
3/4 cup dry bread crumbs
2/3 cup 2% evaporated milk
1/4 cup soya sauce
1/4 cup chopped green onions
1 egg
2 tsp beef bouillon mix
1 clove garlic, minced
Honey Garlic Sauce:
1/3 cup ketchup
1/3 cup honey
2 Tbsp soya sauce
1/2 tsp garlic powder

Combine ingredients in large bowl; mix lightly, but thoroughly, to blend. Divide mixture among 12 ungreased muffin cups; press into cups. Bake at 350°F for 30 to 35 minutes.

Remove from pan and serve with Honey Garlic Sauce.

Honey Garlic Sauce: Combine ingredients in small saucepan; cook, stirring, over low heat until hot and bubbly.

Yields 2 mini loaves and sauce per serving.

MEAT AND POTATO DISH

Karen Behune Plunkett
Plunkett's Bistro-Bar

4 (12 oz) aged New York strip steaks
2 lb small new red potatoes
3 cloves garlic, crushed
1 Tbsp pesto
1/4 cup olive oil
1 Tbsp finely chopped Italian parsley
1 Tbsp paprika
1 Tbsp butter
1 tsp sea salt
1 tsp freshly ground pepper
Marinade:
1/4 cup soya sauce
2 Tbsp crushed garlic
1 Tbsp grated ginger
2 Tbsp brown sugar
1 tsp fresh black pepper
Optional:
1 tsp finely chopped cilantro
1/4 cup finely grated sharp (Greek) cheese

Marinade: Mix together soya sauce, garlic, ginger, brown sugar and pepper. Marinate steaks at least 4 hours (preferably overnight).

Bring the steaks to room temperature before barbecuing each side, about 4 to 6 minutes depending on desired doneness. Bake potatoes in oven until tender. Let cool. Heat a large nonstick skillet and gently cook the butter, oil, garlic and pesto for 1 to 2 minutes. Cut the potatoes into 1/2 and add to skillet. Toss, coat and cook until browned and crispy. When done, toss with paprika. Remove from heat and toss with cilantro, parsley, salt, pepper and cheese.

SICILIAN MEAT ROLL

Ingrid Larking

2 eggs, beaten
1/2 cup tomato juice or tomato sauce
3/4 cup bread crumbs
1 tsp dried parsley
1/2 tsp crushed dried oregano
1 tsp salt
1/4 tsp pepper
1 small onion, chopped
2 lb ground beef
4 to 6 oz ham, thinly sliced
6 oz mozzarella cheese, thinly sliced

Combine eggs and juice or sauce in bowl. Stir in the crumbs, parsley, oregano, salt, pepper and garlic. Add beef. Mix well. On waxed paper or foil, pat meat to a 10x8 inch rectangle. Arrange ham slices atop meat, leaving a small margin around the edges. Reserve a couple of cheese slices. Tear up remaining cheese and sprinkle over ham. Starting from short end, carefully roll up meat, using a paper lift. Seal edges and ends. Place roll, seam side down, in 13x9 inch baking pan. Bake at 350°F until done, about 1 1/4 hours. Center of roll will be pink due to ham.

Cut reserved cheese into 4 triangles; overlap atop meat. Return to oven until cheese melts, about 2 minutes. Sprinkle with paprika. Serves 8.

HOT TURKEY OR CHICKEN SALAD

Dorothy Verbridge

12 cups chopped cooked turkey or chicken
6 cups medium fine chopped celery
12 hard-boiled eggs, finely chopped
1/4 cup finely chopped onions
1 jar red pimientos, finely chopped
2 1/4 cups mayonnaise or salad dressing
3 tsp salt
2 (10 oz) cans cream of chicken soup, undiluted
3 cups grated cheese
1 bag potato chips, crushed

Mix all ingredients, except cheese and potato chips; place in large pan or casserole or in 2 smaller ones. Top with cheese and potato chips. Heat for approximately 25 minutes at 400°F.

Attention: Chop the eggs until very fine or they will become rubbery when reheated.

Red and green peppers can be used for a festive look.

Great for a ladies' luncheon, served with tossed salad, rolls and a pickle.

Serves 15 to 20 people. Cut amounts in half for smaller groups.

SESAME CHICKEN FINGERS WITH HONEY DIP

Nancy O'Reilly

1/4 cup mayonnaise
1/2 tsp dry mustard
1/2 tsp onion powder
2 Tbsp bread crumbs
2 Tbsp sesame seeds
2 chicken breasts, boned
Honey Dip:
1/2 cup mayonnaise
3 Tbsp honey

In a bowl combine mayonnaise, mustard, onion powder. Set aside. On wax paper combine bread crumbs and sesame seeds. Coat chicken with mayonnaise mixture, then crumb mixture. Place onto ungreased cookie sheet. Bake at 350°F for about 15 minutes.

Serve with Honey Dip.

CHICKEN CAMEMBERT

Paul Lavender
Blackjacks Saloon

4 oz wheel Camembert cheese
4 small boneless, skinless chicken breasts
1 box (4 sheets) phyllo pastry
1/4 cup toasted almonds
Salt and pepper, to taste
1/4 cup melted butter

Slit breasts flat ways 3/4 of the way through, forming 2 flaps. Cut the Camembert into 8 strips. Stuff each breast with 2 strips of cheese and 1 teaspoon almonds. Sprinkle with salt and pepper. Fold the empty flap over the stuffing. Lay one sheet of phyllo pastry out; brush it sparingly with melted butter. Lay a second sheet on top of the first; butter it also. Cut the phyllo pastry in 1/2 lengthwise. In one half, place 1 chicken piece 1/4 of the way up the phyllo. Fold chicken into phyllo, flipping it over itself and tucking in edges. Do this with the remaining 3 pieces.

Brush each piece with butter and place onto a well buttered tray. Bake for 20 to 25 minutes at 350°F. Watch carefully as phyllo may burn. Serves 4.

BBQ CHICKEN ON RICE NOODLES WITH HOT AND SOUR SAUCE(Bun Ga Nuong)

1992 Battle Winner — *Thanh and Barbara Jean Lam*
The Mini Restaurant

The Mini Restaurant, 475 University Avenue West, offers authentic Vietnamese cuisine in a casual setting. A Battle participant several times, The Mini has won Best Hors D'Oeuvre twice.

Barbara Jean explains that "traditionally, in Vietnam, this dish would be prepared with pork or beef as chicken is much more expensive. We began preparing it with chicken and it soon became a house favourite. Today it has become somewhat of a "Mini" signature dish and is known by many, and ordered as, the award winning dish".

1 lb boneless chicken breasts
1 pkg rice stick noodles, good for 2 servings
1 cup shredded cucumber strips
2 cups shredded leaf lettuce
1/4 cup bean sprouts
1/4 cup grated carrots
1/8 cup crushed peanuts
2 Tbsp fresh cut lemon grass
2 cloves garlic, minced
1 Tbsp granulated sugar
1/2 tsp salt
2 Tbsp vegetable oil
Nuoc Mam:
4 garlic cloves, minced
3 tsp sugar
1/2 cup Vietnamese fish sauce
1 1/2 Tbsp fresh squeezed lime juice
1 cup water
1/2 tsp crushed red chili peppers

Drop noodles into boiling water for 1 minute. Transfer to a colander; rinse under cold running water.

Cut chicken into bite sized pieces and toss into a bowl with lemon grass, garlic, sugar, salt and vegetable oil. Sauté mixture in a frying pan or on a grill until done.

To serve, arrange food in following manner, a bowl for each diner. Cover the bottom of each bowl with bean sprouts. Cover bean sprouts with rice noodles. Place thin layer of shredded leaf lettuce over rice noodles. Sprinkle shredded cucumber strips over top of lettuce. The grilled chicken is now placed over top of the cucumber strips and is topped off with the grated carrots and crushed peanuts.

Serve with Nuoc Mam (Vietnamese Hot and Sour Sauce) ladled over the top or in a bowl on the side. Serves 2.

Any ingredients unable to be found in the grocery store (e.g. fish sauce, rice vermicelli noodles, jar of crushed chili peppers, fresh lemon grass) can be purchased at any Chinese grocery.

CHICKEN WITH WILD MOREL MUSHROOMS

1994 Battle Entry *St. Joseph's High School*

This dish was prepared by the students of the food preparation course under the supervision of teacher, Paul Borrelli.

4 whole chicken breasts
1/4 lb wild morel mushrooms
1 large shallot, finely chopped
1 tsp thyme
1/4 cup heavy cream
2 Tbsp butter
1/4 cup dry white wine
1 Tbsp butter
1 Tbsp olive oil
Salt and white pepper
White flour

Remove bones and skin from the breasts so that both sides of the breast meat remain together. Set tenderloin pieces aside in refrigerator. Flatten each piece of chicken gently between 2 pieces of plastic wrap. Set aside in refrigerator.

Sauté the mushrooms in 2 tablespoons butter with the shallot until softened and mushrooms have ceased to give off their juices. Season with salt and pepper. Add wine and sauté briskly until the wine is reduced. Set aside to cool.

Purée the tenderloins in the food processor. Add the cream to feed tube, a small amount at a time, until a smooth purée is achieved. Add cooled mushroom mixture and pulse until mushrooms are finely chopped. Season with salt and pepper. If filling is too loose, add a small amount of fine bread crumbs until thickened. Spread the filling onto the chicken breasts which have been placed skinned side down onto tray. Roll breasts up tightly, starting on a long side. Wrap each breast tightly in a piece of plastic wrap twisting the end to form a sausage shape. Chill well in the refrigerator, at least 1 hour, but not overnight.

When ready to cook, remove wrapper. Season chicken with salt and pepper, and roll in flour, dusting off excess. Brown each breast in sauté pan in 1 tablespoon butter and 1 tablespoon olive oil, placing seam side down first then turning to brown evenly. Bake on tray in 375°F oven for 1/2 hour. Let cool slightly then slice on the diagonal. Fan slices decoratively onto individual plates. Serve with whole sautéed morel mushrooms. Serves 4.

Wine Suggestion: Merlot or an oak aged white wine.

COMPANY'S FAVOURITE CHICKEN AND RICE

Jeannie Gascoigne

3 chicken breasts, halved and floured
3 to 4 Tbsp butter (or oil for browning)
Salt and pepper, to taste
2 to 4 garlic cloves, minced
2 cans consommé, heated to a boil
1 to 1 1/2 cups rice
1 cup boiling water

Preheat oven to 325°F. Heat heavy skillet. Add butter. When butter is bubbling, add floured chicken breasts. Brown chicken. Lower heat; cook 5 to 10 minutes, covered. Remove chicken. Arrange in ovenproof baking dish with cover; foil may be used in place of a cover. Over low heat, add minced garlic to skillet; sauté. It may be necessary to add 1 tablespoon butter to skillet. Stir garlic for 2 to 3 minutes.

Add rice to skillet, stirring it with garlic and any bits of residue from chicken for 1 to 2 minutes. Remove skillet from stove. Add boiling water and 1/2 of consommé to rice/garlic mixture; stir gently. Pour carefully over chicken. Pour remaining consommé into skillet to clean remaining rice and garlic; add to chicken and rice in baking dish. Add salt and pepper to taste. Cover and bake for 1 to 1 1/2 hours. Serves 2 to 4.

Accompany this dish with a mixed green salad with a simple oil and vinegar dressing. Be sure to have lots of fresh bread on hand to serve with this meal.

Wine Suggestion: A robust red wine, perhaps a Cabernet Sauvignon from California or Merlot from Bordeaux for a softer, smoother wine.

GRILLED CHICKEN BREASTS

Richard Poole

3 Tbsp Dijon mustard
1 1/2 tsp fresh lemon juice
1 tsp Worcestershire sauce
1 tsp minced garlic
1/2 tsp freshly ground pepper
4 (about 5 oz each) skinless boneless chicken breast halves

Light a grill or preheat a broiler. In medium nonreactive bowl, whisk together mustard, lemon juice, Worcestershire sauce, garlic and pepper. Place chicken breasts between sheets of wax paper; pound lightly to a uniform thickness. Add breast halves, one at a time, to mustard mixture; turn to coat well on both sides. Grill or broil the chicken, turning once and brushing occasionally with the mustard mixture, just until firm and opaque throughout, about 4 minutes per side. Serve at once.

CHICKEN STUFFED WITH PASTA

Nadia Bannon

1 oz dried mushrooms
1/4 cup boiling water
2 1/2 Tbsp unsalted butter
1 to 2 chicken livers, trimmed and patted dry
Pinch of dried thyme and ground red pepper
2 oz fresh mushrooms, cut into matchstick julienne
1 medium red bell pepper, cut into matchstick julienne
2 oz baked ham, finely chopped
2 Tbsp chopped Italian parsley
3 oz fresh fettuccine
Salt and pepper
1 (2 1/2 to 3 lb) chicken
Olive oil

Soak mushrooms in boiling water until soft, about 15 minutes. Drain, reserving liquid. Rinse; drain again. Discard hard stems. Chop caps.

Melt 1 tablespoon butter in heavy medium skillet over medium-high heat. Add livers, thyme and ground red pepper; cook until livers are browned outside but still pink inside, turning once, about 5 minutes. Chop coarsely and transfer to large bowl.

Melt the remaining 1 1/2 tablespoons butter in the same skillet over medium-high heat. Add the fresh mushrooms and red bell pepper; sauté until the mushroom liquid evaporates. Add to livers with dried mushrooms, ham and parsley. Cook fettuccine in boiling salted water until al dente; drain well. Toss with liver mixture. Season with salt and freshly ground pepper.

Preheat the oven to 400°F. Pat the chicken dry. Rub inside and out with salt and pepper. Fill chicken with fettucine, packing in as much as possible without compressing. Truss chicken tightly, closing cavities. Place into small roasting pan. Brush lightly with olive oil. Roast until juices run clear when thigh is pierced with knife tip, basting occasionally, about 50 minutes.

Let stand for 5 minutes. Cut chicken in 1/2 with poultry shears. Set each 1/2 onto plate stuffing side up. Serve to 2 people.

PECAN BREADED CHICKEN

Our most popular chicken dish

Gail Postlethwaite
Creative Catering

Creative Catering is a home-based catering service offering individualized menus and full service party planning to make your event extra special. Call 979-9867 for more information.

2 sticks butter, unsalted
1/2 cup Dijon mustard
6 chicken breasts (each breast approx 4 long pieces), skin and bones removed, cut into strips
1 lb coarsely ground pecans
3/4 cup safflower seed oil
2 cups sour cream
Salt and freshly ground black pepper, to taste
24 pecan halves, lightly sautéed in butter

Melt butter; whisk in 1/3 cup mustard. Dip each piece of chicken into butter/mustard mixture; roll in ground pecans. Coat chicken heavily with the nuts; pat any extra on with your hands. Melt remaining butter in large skillet. Add oil. When hot, sauté chicken until browned, about 3 minutes on each side, cooking as many pieces as possible at one time without crowding. As chicken is done, remove it to a baking dish and keep warm in 200°F oven.

The chicken can also be refrigerated at this point and reheated later in a 350°F oven.

When all the chicken is cooked, pour off butter and oil from pan and discard any burnt pecans. Deglaze pan with sour cream, scraping up all browned particles. Whisk in remaining mustard. Season to taste.

To serve, spoon a little sauce over each piece of chicken and garnish with a pecan half. This is delicious as a main course or cut into bite sized pieces, and served with fancy toothpicks, as an hors d'oeuvre.

KAREN'S ROASTED CHICKEN

Karen Behune Plunkett
Plunkett's

I personally prefer young, small, fresh chickens, about 2 to 3 pounds each in weight, so I usually roast 2 at a time!

2 chickens
1 clove garlic, minced
Freshly ground pepper
1 Tbsp Vegeta (available at delis)
1 Tbsp rosemary, preferably fresh
1 tsp dry mustard
1 large or 2 small fresh lemons, quartered
1/4 cup olive oil

Preheat oven to 410°F. Rinse chicken inside and out; pat dry. Cut off excess skin and fat. In bowl, mix all remaining ingredients including juice of 2 lemon quarters. Place remaining lemon quarters into cavities of each chicken. Place chickens in ovenproof uncovered dish. Brush seasoning mixture generously over entire chickens. Roast approximately 1 hour and 15 minutes.

Perfect Side Dishes: mashed Yukon Gold Potatoes with sour cream and butter, an assorted leaf salad with a balsamic vinaigrette dressing and fresh unsliced Italian bread.

CHICKEN BREASTS IN CURRIED CREAM SAUCE

Brian Bannon

1 3/4 lb skinless boneless chicken breasts
1/4 cup finely chopped shallots
Salt and pepper
1 Tbsp curry powder, or more
1/2 cup dry white wine
1 cup heavy cream

Trim around chicken breasts to cut away and discard the fat and membranes. Cut the chicken into strips about 1/2 inch wide. Melt the butter in a skillet and when it is quite hot but not brown, add the chicken pieces. Sprinkle with salt and pepper to taste. Stir often until the chicken strips lose their raw look, about 2 minutes. Sprinkle chicken pieces with shallots and curry powder; stir well to blend. Cook for about 1 minute. Transfer the chicken pieces to a bowl.

Add the wine to the skillet and cook over high heat about 3 minutes or until it is reduced to 1/4 cup. Add any juices that have accumulated in the bowl containing the chicken. Add the cream to the skillet and cook over high heat about 4 minutes. Add the chicken and stir to blend well. The chicken must be piping hot throughout. Serves 4.

VEIL CHICKEN

Laura Rivard

3 eggs
4 chicken breasts
4 Tbsp butter
Salt to taste
4 Tbsp honey
1 Tbsp lemon
1 Tbsp toasted sesame seeds
1 Tbsp parsley flakes
2 cups bread crumbs

Bone, skin and pound the chicken breasts. Mix eggs and bread crumbs; bread the breasts with mixture. Sauté breasts until tender and browned. Salt to taste. Place breasts into an ovenproof pan. In a skillet, mix honey, butter, lemon juice, roasted seeds and parsley. Heat until melted. Spoon mixture over the chicken. Cover and bake at 350°F for 25 minutes.

BACON WRAPPED DUCK BREAST WITH WILD RICE STUFFING

Norm Wakerell
Roseland Golf Course

Norm Wakerell is chef at Roseland Golf Course, 455 Kennedy Drive where family fare, Sunday brunch and nightly specials are offered. Norm was a Battle participant while chef of Sydney's Seafood. The following recipe is one of his personal favourites.

4 boneless duck breasts, skin on
4 slices bacon
2 tsp blueberries
1 tsp bacon bits
1/2 cup chopped onions
2 cups cooked wild rice
1/2 cup chopped morel mushrooms
1 cup bread crumbs
1 oz balsamic vinegar
12 oz cassis syrup
4 oz chicken stock
Salt and pepper
1 Tbsp cracked black pepper

Season duck with salt and pepper. Fold duck breast in half. Wrap with bacon so that duck skin is on top and bottom and shaped like a filet mignon. Preheat skillet. Sear duck on both sides until skin is darkened and crisp, approximately 5 to 6 minutes per side. Place duck and 1/2 of fat in roasting pan. Roast at 350°F for 10 to 12 minutes.

Place 2 ounces of fat into a frying pan. Add onions and sauté until soft. Add bacon bits, rice and bread crumbs; blend well. Add chicken stock, blueberries and mushrooms and continue to sauté until well cooked. Add more duck fat or chicken stock, if necessary. Plate the stuffing. Remove duck. Place in frying pan with vinegar, cassis and peppercorns; cook until thickened. Place duck to side of dressing and pour sauce over top. Serves 4.

ROAST PORK WITH HERBS

Gayle Minello

5 lb loin of pork
2 tsp salt
2 tsp dried rosemary leaves
1 1/2 tsp dried oregano leaves
1 1/2 tsp dried thyme leaves
1 1/2 tsp dried sage
1/4 tsp pepper
1/4 tsp nutmeg
1 cup thinly sliced onion
1 cup thinly sliced carrot
Sautéed Sweet Peppers:
6 or 7 green and red peppers (2 lb)
1/4 cup olive oil
1 cup sliced onion
1 clove garlic, crushed
1 tsp salt
1/8 tsp pepper
Herb Gravy:
1/4 cup pan drippings
1/4 cup unsifted all-purpose flour
1 3/4 cups boiling water
1/2 tsp salt
1/4 tsp rosemary
1/8 tsp oregano
1/8 tsp thyme
1/8 tsp sage
1/8 tsp pepper
Dash nutmeg

Preheat oven to 325°F.

Wipe pork with damp paper towels. Combine salt, rosemary, oregano, thyme, sage, pepper and nutmeg. With sharp knife, make 1/2 inch deep slits into fat between the ribs. Press 1/2 of herb mixture into slits. With hands, rub rest of herbs onto surface of meat. Insert thermometer into center of roast, away from bone. Place roast, fat side up, into a shallow roasting pan without rack. Scatter 1 cup onion and carrot around roast. Roast 3 hours, or until thermometer reaches 185°F. Wash peppers. Slice into 3/4 inch strips; remove ribs and seeds.

In hot oil in large skillet, sauté onion and garlic 5 minutes, stirring occasionally. Add the peppers and sauté 10 minutes, stirring occasionally. Sprinkle with salt and pepper. Remove roast to heated platter. Surround with peppers. Keep warn in low oven.

Herb Gravy: Strain pan drippings, reserve 1/4 cup; discard onion and carrot. In medium saucepan, mix reserved drippings and flour until smooth. Pour 1 3/4 cups boiling water into roasting pan. Return to a boil, stirring to loosen and dissolve brown particles in pan. Continue boiling, stirring, for about 2 minutes. Slowly pour boiling liquid into the flour mixture, stirring with a wire risk to avoid lumps. Add salt, rosemary, oregano, thyme, sage, pepper and nutmeg. Bring to a boil, stirring. Reduce heat; simmer, covered, for 5 minutes. Stir. Serve with roast.

Makes 8 servings.

VEAL CREAMA

Joe Fallea and Nick Politi
Il Gabbiano

1 lb veal, tenderized
1 cup flour
1/2 cup 35% cream
1/2 cup dry white wine
1/2 cup chopped parsley
2 cloves garlic, chopped
Salt and pepper
1 cup chopped mushrooms
2 Tbsp unsalted butter
1/4 cup olive oil

Heat large sauté pan. Heat butter and oil until hot. Add mushrooms; sauté for 3 minutes. Lightly flour veal. Add to pan; cook both sides well for 5 minutes. Add garlic, parsley and salt and pepper to taste. Sauté for 1 minute. Add wine; reduce to 1/2 before adding cream. Cook until cream thickens, approximately 5 minutes. Serve hot. Total cooking time is 20 minutes. Serves 4.

FISH GRILLED WITH MUSTARD MARINADE

Brian Bannon

1/4 cup fresh lemon juice
1 Tbsp Dijon mustard
2 cloves garlic, minced
1/8 tsp salt
1/8 tsp pepper
2 Tbsp olive oil
2 Tbsp chopped chives
Other herbs, as you like

Combine first 5 ingredients. Gradually whisk into oil. Stir in chives and any other herbs. Pour over trout; marinate for 30 minutes. On hot grill, grill fish, flesh-side down, for 2 minutes. Turn; cook 2 minutes longer.

THAI STYLE GROUPER

Norm Wakerell
Roseland Golf Course

4 (6 to 8 oz) pieces grouper fillet (3/4 to 1 inch thick), skinned
4 sheets banana cracker sheets
2 bananas, sliced lengthwise
2 oz sesame oil
1/4 oz chili paste
1/2 oz fresh ginger, grated
1/2 oz rice vinegar
1 oz cilantro
1/4 oz ginger powder

Mix oil, chili, ginger, rice vinegar and cilantro together. Add more chili paste, if you like it spicier. Lay out cracker sheets. Place a fillet in middle of each; brush oil over top. Turn; brush oil on heavily. Place 1/2 of banana on top of each fillet. Fold cracker up until completely folded around fish. Put the packets into a steamer (bamboo preferred) for 10 to 12 minutes. Remove from steamer; slice down the middle.

Serve with rice or rice noodles. Serves 4.

LOBSTER AND BEEF CARPACCIO

Brian Gordanier
Chatham Street Grill

Chatham Street Grill, 149 Chatham Street West, offers casual fine dining and a fusion menu with certified Angus steaks a specialty.

2 (4 oz) lobster tails
Court bouillon
Spinach leaves
Aspic
2 lb top sirloin, well aged
Arugula
Yellow tomato slices
Shiitake mushrooms, sliced and sautéed
Vinaigrette
Extra virgin olive oil
Chopped chives
Fresh pepper, to taste
Parmesan cheese
Brioche

Poach lobster tails in court bouillon. Chill; remove meat from shell. Lightly blanch the spinach leaves. Wrap the lobster in the spinach and coat with aspic. Shape the sirloin into a long round cylinder. Hollow out the centre. Fill the centre with the lobster meat. Wrap in aluminum foil and shape into a round cylinder. Chill in the freezer for 45 to 60 minutes. Thinly slice beef; place on plate. Top the carpaccio (the stuffed sirloin slices) with the olive oil, chopped chives and fresh pepper. Toss arugula, tomato slices and shiitake mushrooms with vinaigrette; add to plate as a garnish.

Serve with grilled Parmesan brioche (sprinkle Parmesan cheese over buttered brioche and lightly toast under the broiler).

FILLET OF PICKEREL WITH SPRING HERBS

Paul Herrmann
Windsor Hilton

2 (160 to 180 g) pickerel fillets
1/2 cup dry Riesling
1/2 to 3/4 cup 35% cream
1 Tbsp chopped fresh herbs (chives, tarragon, parsley)
1/2 Tbsp chopped shallots
Salt and pepper, to taste
1 tsp butter
Diced peeled tomatoes
Red pepper curls

Butter a shallow pan. Add the shallots, seasoned fish and the white wine. Bring to a boil. Cover and let simmer for 2 to 3 minutes until done. Remove fish; put on serving plate. Keep warm. Reduce the wine. Add cream and reduce more. Add the fresh herbs and season to taste. Pour the sauce over the fish and serve.

Suggestion: Serve with asparagus, spring carrots and boiled potatoes.

PIKE QUENELLES NANTUA

1994 Battle Winner

Ron Hart and Bob Long
Century Secondary School

This dish was prepared by students of Century Secondary School's hospitality program, under the direction of Ron Hart and Bob Long. Students of this program are part of a unique training venture at The Alan Manor (formerly Mason Girardot Alan Manor), 3203 Peter Street. The operation of The Alan Manor is a cooperative undertaking of Hospitality Industry and Business students of Century and Forster Secondary Schools, with the support of the Windsor Board of Education and the restaurateurs and chefs of Windsor.

4 lb (1.8 kg) pike, trimmed and cleaned
Choux Pastry:
1/2 cup (125 mL) water
1/2 tsp salt
3 Tbsp (45 g) butter
9 Tbsp flour
2 eggs
6 egg whites
1 1/2 cups (375 mL) crème fraîche or heavy cream
Pinch of fresh grated nutmeg
Salt and white pepper

Nantua Sauce:
1/2 cup (125 mL) butter
White of 1 leek, finely chopped
1 carrot, finely chopped
2 lb (1 kg) crayfish
3/4 cup (175 mL) white wine
1 qt (1 L) fish stock
Bouquet garni
1/2 cup flour
2 cups (500 mL) heavy cream
Pinch of cayenne pepper
1 fresh tomato, chopped

Clean fish; remove all bones and skin. Purée fish in a food processor. Transfer fish to bowl; set in ice bath.

Make Choux Pastry; set aside to cool.

Whip egg whites until frothy; add to pike, a little at a time. Add choux paste and seasonings with crème fraîche, making sure that fish mixture is kept cold. Test for salt and pepper; adjust seasoning. Drop spoon sized quenelles into hot fish stock; simmer 10 minutes. Do not stir since quenelles will break up. Remove from poaching liquid. Place on tray; keep warm. Serve with Nantua Sauce. Serves 6 as a main dish.

Nantua Sauce: Sauté onion and carrot until tender. Add crayfish; cook over medium heat until crayfish turns red. Add white wine, fish stock and bouquet garni; simmer 15 minutes. Adjust seasoning with salt and pepper. Add chopped tomato. Remove crayfish tails from shell. Process shells and liquid together in food processor until shells have broken down. Make a roux with butter and flour; add to crayfish liquid, whisking to remove any lumps. Bring to a simmer; cook 20 minutes or until sauce coats back of spoon. Add cream; heat. Add cayenne pepper to taste. Strain sauce to remove any large pieces of shell. Pour over hot quenelles and serve. Use tail as garnish.

BARBECUED SALMON

Jeannie Gascoigne

2 to 3 lb whole or piece of whole salmon (B.C. salmon preferred)
1 large sweet onion (Spanish or Vidalia), thinly sliced
1 lemon, thinly sliced
1/2 cup mayonnaise
Fresh dill for garnish

Preheat barbecue to high heat.

Wrapping fish in foil makes baking and barbecuing fish a work free venture. It retains fresh flavour and juices. Cut a length of heavy duty foil at least 2 1/2 times the width of the fish and 2 to 3 inches longer than the fish at both ends. Coat foil with 1/4 cup mayonnaise, leaving a 2 inch border around outer edge of foil.

Salt and pepper the cavity of the fish. Centre fish on prepared sheet of foil. Coat the cavity and outside of fish with remaining mayonnaise. Fill the cavity with the sliced onion and 2 to 4 lemon slices. Arrange remaining lemon slices on top of fish. Fold up the sides and ends of the foil to enclose the fish. Place on barbecue; cook for 10 to 15 minutes each side, turning once. Fish should be opaque when done.

Serve salmon on large platter, garnished with fresh dill. Serves 4 to 6.

Total Time: 45 minutes.

Fresh asparagus and wild rice are a nice accompaniment.

Wine Choice: Fumé blanc, 1992, Robert Mondavi, Oakville, California.

MARINATED SALMON

Nancy O'Reilly

2 Tbsp horseradish
2 Tbsp Dijon mustard
2 Tbsp oyster sauce
2 Tbsp chili sauce
2 Tbsp soya sauce
Dash of white wine

Mix together.

Put on top of fillet of salmon. Wrap in heavy foil for 2 days to marinate. Bake at 350°F for 20 minutes or barbecue in foil.

SALMON WITH LEEKS

Karen Behune Plunkett
Plunkett's Bistro-Bar

This recipe is perfect for company!

2 leeks, trimmed and sliced (discarding last third of bulb)
2 fresh lemons
3 to 4 lb whole salmon, fresh or thawed (if frozen), boned with no head or tail
1/4 cup butter
1/4 cup olive oil
Nonstick vegetable spray
1/2 cup shredded fresh Parmesan reggiano
1 Tbsp pesto
2 garlic bulbs, minced
Dash of Frank's hot sauce, optional

Make a double layered foil bed for the salmon (enough to wrap completely). Spray foil with nonstick spray. Sauté the leeks in oil, butter, pesto, garlic and the optional hot sauce. Open the fish and brush with olive oil. Squirt generously with fresh lemon juice. Layer sautéed leeks over top. Sprinkle evenly with the Parmesan. Wrap the fish with the prepared foil. Barbecue for approximately 40 to 45 minutes or bake in a preheated 425°F for 40 to 50 minutes. Slice and serve.

A side of yellow rice or bronzed potatoes with a fresh vegetable would be nice.

SCALLOPS

Terry Krease-Meloche

1 lb frozen scallops, thawed and rinsed
4 to 6 oz butter
1 tsp minced garlic
1 cup cashews
1 lime or lemon

Melt butter in heavy skillet. Add garlic. Sauté scallops about 5 minutes. Add cashews and continue cooking until scallops are done.

Serve with long grain rice and steamed snow peas.

SCALLOPS IN A CREAM AND MUSTARD SAUCE

Brian Bannon

1 lb scallops
1 Tbsp butter
1 Tbsp finely chopped shallots
2 Tbsp red wine vinegar
1 cup heavy cream
Salt and pepper
1 Tbsp Dijon mustard
1 Tbsp finely chopped parsley

If scallops are large, cut into quarters. Drain; pat dry. Heat butter in skillet. Add shallots; cook briefly, stirring. Add vinegar; cook until vinegar is almost evaporated. Add cream; reduce by 1/2 over high heat. Add scallops, salt and pepper; cook, stirring, about 1 minute. Remove from heat. Swirl in mustard.

Serve with parsley on top and toast on the side. Serves 4.

SCALLOPS WITH MAPLE DIJON CREAM

Jeannie Gascoigne

8 large (16 to 20 small) scallops
1 Tbsp peanut oil
Fresh chives for garnish
Maple Dijon Cream:
1 tsp butter
1 shallot, minced
2 Tbsp brandy
1 cup heavy cream (whipping)
1 Tbsp Dijon mustard
1/4 cup maple syrup
Salt and white pepper, to taste

Wash the scallops and pat them dry with paper towels. Heat a heavy skillet until very hot and add the peanut oil. Lightly season the scallops with salt and pepper and sauté for about 1 minute on each side, leaving them slightly underdone.

Maple Dijon Cream: In a small heavy saucepan, melt the butter and sauté the shallot until soft. Add the brandy and stir this over high heat for 1 minute. Add the cream and boil to reduce to about 3/4 cup. Stir in the mustard and maple syrup. Bring to a boil and reduce again until thick enough to coat the back of a spoon.

To Serve: Ladle about 4 tablespoons of warm Maple Dijon Cream onto 2 serving plates. Divide scallops between the plates. Garnish with chopped chives. Serve at once. Serves 2.

Total Time: 20 minutes.

SCAMPI

Mikey Colwell

1 cup butter
1/4 cup olive oil
1 Tbsp chopped parsley
3/4 tsp dried basil
1 lb large fresh shrimp
1 garlic clove, minced
1/2 tsp salt
1 Tbsp lemon juice
1/2 tsp dried oregano

Preheat oven to 450°F. Melt butter. Add olive oil, parsley, basil, oregano, garlic, salt and lemon juice; mix well. Peel and devein shrimp. Leave tails attached. Split down inside lengthwise being careful not to cut through shrimp. Spread open to simulate butterflies. Place in shallow baking pan, tail end up. Pour sauce over all. Bake 5 minutes. Place under broiler 5 minutes longer, to brown.

CAJUN SHRIMP

Nancy O'Reilly

48 large raw shrimp, deveined, rinsed and patted dry
16 skewers
Marinade:
1/2 cup vegetable oil
1/4 cup red wine
1/4 cup soya sauce
1 tsp freshly grated lemon peel
1/4 cup fresh lemon juice
1/4 cup minced fresh parsley
2 Tbsp Worcestershire sauce
2 Tbsp red wine vinegar
1 Tbsp dry mustard
1/2 Tbsp paprika
1/2 Tbsp minced garlic
1/4 tsp ground red pepper

Marinade: Put ingredients in large bowl; whisk until well blended. Add shrimp; marinate at least 10 minutes but not more than 30 minutes, stirring once.

Drain marinade into a medium sized saucepan. Bring to a boil, reduce heat and simmer 3 to 4 minutes. Meanwhile, thread shrimp on skewers.

To Grill: Cook shrimp 4 to 6 inches above hot coals, 1 1/2 to 2 minutes per side until pink.

Serve with hot marinade as a dipping sauce.

SHRIMP PIE

Ron Hart
Cajun Quarter

Ron Hart, an instructor of the Hospitality Industry program at Century Secondary School, entered the 1988 Battle of the Hors D'Oeuvres while chef at The Cajun Quarter. Ron submitted this recipe as capturing the "flavour" of that cuisine.

Pie Crust:
1 Tbsp sugar
2 tsp basil
2 tsp salt
1 tsp dry mustard
2 cups flour
1 1/4 cups yellow corn flour
1 1/4 cups cold shortening
3/4 cup cold water

Filling:
2 lb shrimp (or crawfish), peeled and deveined
1 cup heavy cream
4 Tbsp butter
4 cups potatoes
1 tsp salt
1/2 tsp black pepper

Vegetable and Seasoning Mix for Filling:
2 tsp cayenne
2 tsp coriander
2 tsp garlic powder
2 tsp dry mustard
2 tsp onion powder
2 tsp paprika
1 1/2 tsp basil
1 1/2 tsp salt
1 1/4 tsp white pepper
4 Tbsp butter
1 cup chopped celery
2 cups chopped onion
1 1/2 cups chopped green pepper

Pie Crust: Combine seasonings in small bowl. Stir in flour and corn flour. Cut in shortening until mixture resembles coarse meal (split peas). Add cold water. Mix until all water is absorbed; do not overmix. Cover and let rise for 20 minutes. Roll out dough. Make 2 pie shells.

Filling: Prepare mashed potatoes. Boil potatoes until tender; drain then mash until free of lumps. Meanwhile, heat cream and butter until the butter melts. When the potatoes are cooked and mashed, add the cream, salt and pepper and whip until smooth. Stir together seasonings. Melt butter in skillet over high heat. Stir in vegetables and seasonings; cook until vegetables are very soft and well browned. Stir and scrape the skillet bottom frequently.

Preheat oven to 350°F.

To assemble, fold shrimp and vegetable mixture into mashed potatoes; mix well until all ingredients are evenly distributed throughout the potatoes. Divide the filling between the 2 pie shells.

Bake until crust is browned and filling is golden brown, about 30 minutes. Serve.

FETTUCINE ALFREDO

Ingrid Larking

1/2 lb mushrooms, sliced
1/4 lb chopped bacon, smoked ham or prosciutto (chopped)
1/4 cup butter
1 tomato, chopped
1/4 cup Parmesan cheese
1/4 cup cream cheese
1 clove garlic, minced
1/2 pt (1 cup) whipping cream
1 cup milk
1/2 can peas, optional
1 lb fettucine noodles, preferably fresh

Fry bacon until crisp. Drain. Sauté mushrooms in butter until soft. Add garlic, sauté 1 minute; add tomato and sauté another minute. Add cream, milk and cheeses; mix thoroughly. Bring to a simmer.

If necessary, thicken slightly with a cornstarch/water mixture.

Add bacon (or ham) and peas if desired. Heat thoroughly. Cook noodles according to package directions. Spoon sauce over noodles. Sprinkle with chopped fresh parsley and Parmesan.

LINGUINE MARE MONTE

Joe Fallea and Nick Politi
Il Gabbiano

Il Gabbiano is located at 851 Erie Street East and specializes in fine Italian cuisine, with a wide variety of pasta, seafood and meat dishes. The following is a favourite recipe.

Jumbo shrimp
6 cloves garlic, chopped
1/2 bunch parsley, chopped
1 tsp chili flakes
1/4 cup dry white wine
40 oz plum tomatoes, chopped
Salt and pepper
600 g pasta (linguine)
Pot of boiling water
4 Tbsp olive oil
1 lb fresh mushrooms, sliced

Bring water to a boil. Add pasta and cook for approximately 10 minutes. In large sauté pan, sauté mushrooms in oil until soft. Add shrimp and cook until they turn pink, approximately 4 minutes. Add garlic, parsley and chili flakes; sauté for 1 minute. Add wine and reduce to half. Add tomatoes and cook over low heat for 1 minute. Salt and pepper to taste. When pasta is cooked al dente, strain and add sauce. Stir mixture together and serve hot. Serves 4.

Total Cooking Time: 20 minutes.

LINGUINE SEAFOOD

Adel Gabr
Ciociaro Club of Windsor

1 lb linguine
Sauce:
1/4 cup olive oil
2 shallots, finely chopped
1 cup sliced fresh mushrooms
3 cloves garlic, finely chopped
6 large ripe tomatoes, finely chopped
2 Tbsp fresh parsley, finely chopped
2 Tbsp fresh basil, finely chopped
Salt and pepper, to taste
1 lb shrimp (tiger), shelled and cut in 1/2

Cook linguine al dente, 3 to 5 minutes for fresh linguine, 5 to 8 minutes for packaged dry linguine. Drain and put aside.

At the same time that the linguine is cooking, prepare the sauce (or prepare the sauce ahead of time).

Sauce: Sauté the shallots and garlic in olive oil in a skillet until shallots are soft and transparent, about 1 to 2 minutes. Add the mushrooms and stir for 1 to 2 minutes. Add the tomatoes and stir until well blended. Simmer for approximately 10 minutes. Season with salt and pepper to taste. Add the fresh parsley and basil and stir for 1 to 2 minutes. Add the shrimp and stir for 1 to 2 minutes.

Add pasta to sauce; toss. Sprinkle with fresh parsley. Serve hot. Serves 4 to 6 people.

P.S. For this recipe, cheese is not recommended.

PASTA PRIMAVERA

Sheila Stiers

10 oz can cream of chicken and broccoli soup
1/2 cup milk
1/4 cup grated Parmesan cheese
1/8 tsp garlic powder
1/8 tsp pepper
2 cups broccoli flowerettes
1 large carrot, cut into matchstick thin strips
3 cups cooked spaghetti (about 6 oz dry)

In 4 quart saucepan, combine soup, milk, cheese, garlic powder and pepper. Add broccoli and carrot; heat to a boil, stirring occasionally. Cover; cook over low heat 5 minutes or until vegetables are tender, stirring occasionally. Add spaghetti. Heat through, stirring occasionally. Serves 3 to 4.

SPAGHETTI ALLA CONTADINA

Adel Gabr
Ciociaro Club

1 lb spaghetti or vermicelli
1 large eggplant
Salt
2 sweet peppers, yellow if available
14 oz can Italian plum tomatoes
4 anchovy fillets
2 Tbsp capers
12 pitted black olives
2 Tbsp olive oil
3 cloves garlic, finely chopped
A few basil leaves, if available
1/2 cup freshly grated Parmesan cheese

Cut eggplant into medium-thick slices; arrange slices in layers on cutting board. Sprinkle with salt; tilt cutting board into sink to drain the water. Cover sliced eggplant with plastic wrap. Place heavy weight over top, e.g. a large saucepan filled with water; leave for a couple of hours to drain water from eggplant. After 2 hours, rinse the eggplant and pat dry. Cut the slices into small cubes.

While eggplant is draining, roast peppers in very hot 450°F to 475°F oven for 20 minutes. Remove the peppers from the oven and place them into a paper bag until they become cool. Remove the skin and seeds and cut them into small strips.

Drain tomatoes; chop. Chop the anchovy fillets and the capers. Chop the black olives if they are very large. Heat the olive oil and add the garlic, anchovies, eggplant and tomatoes. Cook gently for about 10 minutes. Add capers, olives, peppers and basil. Cover; cook for about 15 minutes. Check for seasoning.

During this time cook the pasta, following the directions on the package carefully, avoiding overcooking. Drain the pasta and put it into a large serving bowl. Add the sauce and stir to cover all the pasta with the sauce. Add the grated cheese, stir and serve.

Serves 4 to 6 people.

LEMON SAUCE

Judy Beswick

For lazy chefs

1 can Campbell's cream of chicken soup
1/2 can water
1/4 to 1/2 cup lemon juice

Beat ingredients together. Heat and serve.

Nice with chicken and rice.

MEAT SAUCE

Adel Gabr
Ciociaro Club of Windsor

3 lb minced meat
2 large onions, finely chopped
4 celery sticks, finely chopped
2 carrots, finely chopped
4 cloves garlic, finely chopped
1/2 cup oil
2 oz butter
1 1/2 (100 oz) cans peeled tomatoes
2 Tbsp tomato paste
1 Tbsp dry basil
1 Tbsp dry oregano
Salt and pepper, to taste
Grated Parmesan cheese

Put oil and butter into a saucepan. Add onions; sauté for 1 to 2 minutes or until soft and transparent. Add celery and carrots to the sauce and sauté for about 5 minutes. Add the garlic and sauté for 2 minutes. Add the meat and cook until browned. Add a small amount of flour to absorb the fat. Add the tomatoes and the tomato paste. Bring to a boil. Reduce the heat and cook slowly for about 1 hour. Add salt, pepper and other spices to mixture; stir. Serves approximately 10 to 15 people.

N.B.: Make sure you stir the mixture occasionally as it is cooking.

CREAMY MOREL MUSHROOM PASTA SAUCE

Kathryn Borrelli

Substitute 2 ounces dried morels if fresh are not available or substitute 2 ounces of dried Italian porcini mushrooms. The taste will be very different with porcini but almost equally delicious. If using dried mushrooms, rehydrate in 1/2 cup hot water. Reduce soaking liquid over high heat and add to recipe.

1/2 lb fresh morel mushrooms
1 large shallot, finely diced
1/2 tsp thyme
1/2 tsp marjoram
1/4 cup dry marsala wine
Salt and white pepper
2 Tbsp butter
500 mL 35% whipping cream
1 1/2 lb fresh fettucine
Finely chopped parsley

Sauté chopped fresh mushrooms, or drained chopped rehydrated mushrooms, in butter over medium-high heat. Add shallots and sauté until softened. Sprinkle in herbs, salt and pepper. Pour in marsala wine and sauté briskly until the wine reduces. Pour in the cream and boil gently until the sauce thickens. Adjust seasonings.

Serve tossed with cooked fettucine noodles. Sprinkle with parsley. Serve. Serves 6 to 8 appetizer portions or 4 dinner portions.

Note: Do not use grated cheese with this pasta dish as the flavour will conflict with the mushrooms.

A FAVOURITE TOMATO SAUCE

Kathryn Borrelli

2 Tbsp olive oil
1 small cooking onion, finely chopped
1 to 2 cloves garlic, chopped finely
1 red bell pepper, diced
1 1/2 tsp Italian herbs
1 small dried hot pepper, chopped
16 oz Italian or California tomato purée
1/4 cup sliced good quality black olives, pitted
1/4 cup dry white wine
Salt and pepper, to taste

In a large sauté pan over medium high heat, sauté the onion until softened. Add the bell pepper and garlic. Stir frequently until they start to soften. Sprinkle on the herbs and hot pepper, stirring well. Pour the white wine over and simmer until the peppers are well cooked. Add olives then tomato purée. Season to taste with salt and pepper. Simmer over low heat until sauce is thickened, approximately 20 minutes.

A few tablespoons of grated carrot added at the same time as the bell pepper will sweeten this sauce. Or, you may add 1/4 cup drained and sliced sun-dried tomatoes to sweeten.

MIXED BEAN CASSEROLE

Wendy Leigh

398 mL can lima beans
540 mL can chickpeas
540 mL can red kidney beans
540 mL can romano beans
1 onion, chopped
1 cup tomato juice
1/3 cup packed brown sugar
1/3 cup molasses
1/4 cup chili sauce
2 tsp dry mustard
1 tsp ginger
1/2 tsp pepper
8 slices bacon

Drain and rinse beans. In lightly oiled pot or 12 cup (3 L) casserole, mix beans and onion. In saucepan, blend tomato juice, brown sugar, molasses, chili sauce, mustard, ginger and pepper; bring to a boil. Stir into beans. Partially cook bacon slices. Remove excess fat. Chop and add to bean mixture. Bake, covered, at 325°F for 1 1/4 hours. Serves 12.

PIZZA CASSEROLE

Dianne Morencie

3 cups penne style macaroni
1 lb ground beef
2 Tbsp oil or butter
1 lb mozzarella cheese, grated
1 onion, chopped
1/2 cup chopped green peppers
1 large can tomato sauce
1 small can pizza sauce
1 can mushrooms
1 large pepperoni, chopped
3 strips bacon, cooked and crumbled
3 slices cooked ham, chopped

Brown ground beef and onion in oil; cool. Cook macaroni, drain and cool. Mix meat mixture, macaroni, mozzarella, tomato sauce, mushrooms, green peppers, pepperoni, bacon and ham; place in large casserole dish. Pour pizza sauce over and down sides. Cover with grated mozzarella cheese. Bake at 325°F until cheese is melted and bubbly.

Casserole freezes well.

MUSHROOM FRIED RICE WITH TOMATO SAUCE (Com Chien)

Thanh and Barbara Jean Lam
The Mini

This dish is one of a full page of vegetarian selections at the Mini. This is a nice basic fried rice recipe that you can get as creative with as you like, by adding a variety of fresh vegetables or even meats.

4 cups cooked long grain rice
3 green onions, finely chopped
2 garlic cloves, finely minced
3 to 4 Tbsp vegetable oil
3 eggs
2 Tbsp tomato paste
1/2 tsp sugar
1 cup fresh sliced mushrooms, more if you like
1/4 cup fresh chopped cilantro
Salt to taste

In large skillet or wok, heat vegetable oil over high heat. Lightly sauté onions, garlic and eggs. Add rice, constantly stirring to separate and prevent egg from settling in one area of the dish. Stir in tomato paste, sugar and salt to taste; mix until texture of rice is right and all the grains are separate. Stir in fresh sliced mushrooms.

Vegans can omit eggs and perhaps add a few other chopped fresh vegetables.)

Place rice on platter; sprinkle coarse ground black pepper and chopped cilantro over top. Serve with a bit of fresh crushed chili peppers on the side for those who wish their dish spiced up a bit.

RICE CRUST PIZZA

Sandy Ries

1 1/2 cups Minute Rice, as directed
2 eggs, beaten
1 cup grated mozzarella cheese
Desired pizza toppings

Combine cooked rice, beaten eggs and cheese; press with spoon into greased and floured pizza pan or into large circle on greased 15x10 inch jelly roll pan. Bake at 425°F for 20 minutes or until lightly browned. Add pizza toppings and bake 10 minutes longer.

ONE DISH RICE

Paula Mantha

2 cups prepared rice
2 Tbsp Cheez Whiz
1 can tuna, drained and flaked
1 cup chopped small broccoli

In casserole, put hot prepared rice. Spoon in Cheez Whiz until melted. Add tuna and broccoli; mix well. Heat in oven or microwave until completely heated through. Serves 2.

HORS D'OEUVRES

Noisette of Veal with Ratatouille & Pepper Sauce • THE ALAN MANOR

Kaeng Kai (Green Curry Chicken & Shrimp) • BASIL COURT

Saskatoon Berry Brie • JOHNNY CANUCK'S

Insalata di Mare Marinata • LA GUARDIA

Curried Sesame Chicken • LUCAS' ON THE GRILL

Chicken Saigon • THE MINI

Seafood Oceanic • RICHARDS' ON THE AVENUE

Southern Swirl • THE VINTAGE GOOSE

DESSERTS

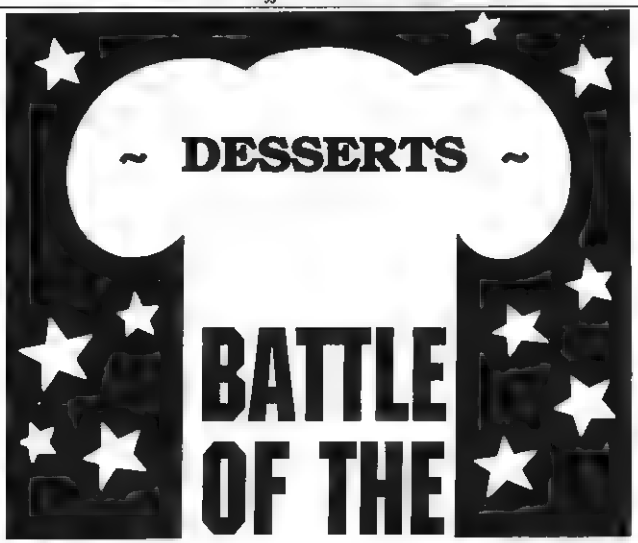
Raspberries & Mascarpone Baked in Phyllo • CIOCIARO CLUB

Pear Delight • METRO EXECUTIVE CLASS CATERING

Strawberry Swans • RAINBOW PASTRIES

Chocolate Temptation • ST. JOSEPH'S HIGH SCHOOL

Irish Cream Truffles • WALKER'S CANDIES



BATTLE OF THE HORS D'OEUVRES

Ladies and Gentlemen, you are invited to be judges as 13 of greater Windsor's top chefs display their culinary magic. You will sit down to a spectacular 13 course dinner of appetizers and desserts and then vote for your favourites. The price includes champagne and Pelee Treasures caviar reception, dinner, two bottles of wine per table, Godiva after-dinner liqueur and door prizes. Entertainment will be provided by Suzi Marsh and Dan Warren of "Johnny Canuck's All Stars", pianist Ross Osmun and jazz ensemble "Jazz by 5/4". Jackie and Charlie Regan, joined by 'roving host' Fred Sorrell, will MC this gastronomic gala. Proceeds from this 9th annual event help support the Big Sisters Association of Greater Windsor, which fosters the personal growth of girls and young women.

ASK ABOUT OUR "CELEBRITY TABLE HOSTS"!

FRIDAY MAY 5TH 1995

CLEARY INTERNATIONAL CENTRE

CANADIAN CLUB ROOM - 201 RIVERSIDE DRIVE W., WINDSOR

The Champagne & Caviar Reception begins at 6:30 p.m. with dinner at 7:00 p.m. sharp
There is no smoking. Please join us for this exciting evening!

BIG SISTERS ASSOCIATION OF GREATER WINDSOR
GROWING TOGETHER

The complete price is $65 Canadian per person or $50 U.S. Income tax receipts for the charitable portion of the price will be mailed after event. To reserve, send a cheque for the full amount payable to Big Sisters Association of Greater Windsor 95 Giles Blvd. E. Windsor, Ontario N9A 4B8. *Please note any seating requests.* (Tables seat 10)

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DESSERTS

FROZEN AMBROSIA CREAM SQUARES

Ann Marie Hranka

Base:
2/3 cup butter
2 Tbsp icing sugar
1 1/3 cups flour
Filling:
3 cups icing sugar
1 egg
Pinch of salt
1/2 cup butter
Topping:
19 oz can crushed pineapple
1/2 pt whipping cream
2 Tbsp icing sugar
Pinch salt
1 tsp vanilla

Base: Blend ingredients together; press into 9x9 inch pan. Bake at 350°F for 15 minutes.

Filling: Beat together icing sugar, egg, salt and butter; spread over base.

Topping: Drain crushed pineapple well. Spread over filling. Whip cream until peaks form. Add icing sugar, salt and vanilla; whip until firm. Spread over top of pineapple. Freeze.

Remove from freezer 1/2 hour before serving and cut into squares. Yields 30 squares.

APRICOT ORANGE MUFFINS

Sheila Stiers

1/2 cup dried apricots
1 cup orange juice
1/2 cup raisins
2 eggs, lightly beaten
1/4 cup melted butter
1 1/2 tsp vanilla
2 cups all-purpose flour
3/4 cup granulated sugar
2 tsp baking powder
1 tsp baking soda
Pinch nutmeg

Coarsely chop apricots. In bowl, combine orange juice, apricots, raisins, eggs, butter and vanilla. In large bowl, combine flour, sugar, baking powder, baking soda and nutmeg; stir in orange juice mixture just until blended. Spoon batter into greased muffin cups, filling 3/4 full. Bake in 350°F oven for 20 to 25 minutes or until golden and tops are firm to the touch. Makes 12 muffins.

APPLE RAISIN SPICE CAKE WITH CARAMEL SAUCE AND PECAN ICE CREAM

Richard Poole

1/4 cup pecan halves
3/4 cup raisins
1/4 cup bourbon
1 cup cake flour
1 cup all-purpose flour
1 1/2 tsp baking powder
1/2 tsp salt
1/2 tsp nutmeg
1/2 tsp cinnamon
1/8 tsp ground cloves
1/8 tsp mace
2 cups sugar
1 cup vegetable oil
2 eggs
2 large unpeeled Granny Smith apples, diced into 1/3 inch cubes (3 1/2 cups)
Caramel Sauce:
1 cup heavy cream
1 cup dark brown sugar
1/3 cup granulated sugar
1/4 cup pure maple syrup
1/4 cup light corn syrup

Preheat oven to 400°F. Spread pecans on baking sheet; toast in middle of oven for about 5 minutes or until fragrant and golden brown. Chop coarsely; set aside. Reduce oven temperature to 325°F. In small bowl, combine raisins and bourbon; set aside to macerate for 30 minutes. Butter and flour a 10x3 inch springform pan. Into medium bowl, sift together cake flour, all-purpose flour, baking soda, salt, nutmeg, cinnamon, cloves and mace; set aside.

In a large bowl, using an electric mixer, beat the sugar and vegetable oil at medium speed for 5 minutes. Add eggs, one at a time, beating well after each addition. Add the dry ingredients all at once and stir with a wooden spoon until thoroughly incorporated. The batter will be very thick. Drain raisins; using spatula, stir them into batter with apples and toasted pecans until well distributed. Scrape batter into prepared pan. Bake for 1 to 1 1/2 hours or until knife, inserted in centre, comes out dry. Transfer the pan to a rack to cool slightly. Turn the cake out of the pan and let cool completely.

Drizzle cake with Caramel Sauce.

Serve with pecan ice cream. Serves 12.

Caramel Sauce: In a heavy saucepan, stir together all the ingredients until thoroughly combined. Cook over high heat until the mixture reaches 210°F on a candy thermometer. Set aside to cool for 20 minutes. The sauce can be made up to 3 days ahead; transfer to an airtight container and refrigerate. Reheat over warm water or in a microwave oven. Makes about 2 cups.

SWEET ASPARAGUS MOUSSE ON ALMOND COOKIES

1990 Battle Entry

Sam Drakich
The Top Hat

1 lb asparagus
1 L heavy cream
1 cup sugar
2 Tbsp vanilla extract
1 1/2 cups sugar
1 cup chopped almonds
Juice of 1 orange
3/4 cup all-purpose flour
8 Tbsp unsalted butter, melted
2 tsp grated orange zest
3 cups strawberries
6 large kiwi
Sugar and lemon juice, to taste

Cook asparagus in boiling water until soft. Purée asparagus until smooth. Whip heavy cream with 1 cup sugar and vanilla extract. Fold asparagus purée into whipped cream. Set aside in refrigerator. Preheat oven to 400°F. Combine 1 1/2 cups sugar, almonds, flour, orange juice, orange zest and melted butter in mixing bowl. Using a teaspoon, make uniform mounds, at least 2 inches apart, on nonstick baking sheet. Bake for 5 to 7 minutes or until lightly browned at edges. Remove from oven; let rest for 1 minute. Working quickly, use a metal spatula to transfer onto a rolling pin. Gently shape to form a rolled cookie. Let cool.

Purée strawberries. Add sugar and lemon juice to taste. Set aside. Purée kiwi. Add sugar and lemon juice to taste. Set aside. Ladle strawberry and kiwi sauces evenly onto a plate. Place asparagus into a piping bag and fill cookies. Place cookies on top of sauce. Serves 4 to 6.

LAURA'S BANANA BREAD

Laura Rivard

1 cup sugar
1 3/4 cups flour
1/2 cup butter
2 eggs
3 ripe bananas, mashed
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1 cup chopped nuts

Cream butter and sugar. Beat in eggs, one at a time. Blend in bananas. In another bowl, blend dry ingredients. Add to wet mixture. Pour into greased loaf pan. Bake at 350°F for 1 hour.

BANANA SPLIT CAKE

Dianne Morencie

1 1/2 cups graham cracker crumbs
1/2 cup melted margarine
2 cups icing sugar
1 tsp vanilla
2 eggs
1/2 cup margarine
4 bananas
19 oz can crushed pineapple, well drained
1 large tub Cool Whip

Combine graham crumbs and melted margarine; press into a 9x13 inch pan. Bake at 375°F for 10 minutes. Cool.

In a small bowl, combine the icing sugar, eggs, vanilla and margarine; beat at medium speed for 10 minutes. Spread over crust.

Spread banana slices, then pineapple, evenly over filling. Spread Cool Whip over top.

Sprinkle chopped nuts over top, if you wish.

BACI DI TARTUFI

Kathryn Borrelli
1990 Battle Winner
Louie Linguine Ristorante

This dessert can be flavoured with liquors. It is best made with a high quality Belgian or Swiss chocolate. Serve with crème anglais, berry sauce or chocolate sauce for total decadence.

9 oz bittersweet chocolate
3 large egg yolks
1/2 cup sugar
1/2 cup water
1 cup heavy cream

Grate 3 ounces chocolate; set aside. Beat egg yolks until very thick with an electric mixer. Meanwhile, bring sugar and water to a boil in a small saucepan over high heat until mixture reaches 232°F and thickens slightly, approximately 5 minutes. Immediately remove syrup from heat and slowly beat mixture into the yolks adding small amounts at a time. Beat the mixture until it is cool.

Melt remaining 6 ounces chocolate in small bowl over simmering water; when melted, beat into egg yolk mixture until thoroughly incorporated. Gradually pour in cream and beat until smooth. Pour mixture into muffin tins and freeze. Unmold when frozen. Roll in grated chocolate. Store, well wrapped, in freezer.

ATHENIAN BAKLAVA

Nick and Thanasi Pontikis Thanasis

1992 Battle Entry

Because Greece was under Turkish occupation for many centuries, many Turkish foods were adopted by the Greeks. Baklava, that most popular of Grecian treats, is not Greek at all, but Turkish!

4 cups crushed walnuts
1/4 cup bread crumbs
1 tsp cinnamon
1/2 cup sugar
Vegetable oil
1 pkg phyllo pastry

Syrup:
5 cups sugar
4 cups water
Cinnamon stick
4 to 5 whole cloves
Slices of lemon peel

Blend the first 4 ingredients together. Grease a medium pan and put aside. Take a sheet of phyllo and place it into the pan, allowing the edges to hang over the side. Oil it slightly with a pastry brush. Continue until there are approximately 4 sheets in the pan; don't forget to oil each one. Sprinkle some of walnut mixture over top sheet. Add a new sheet; oil it slightly. Sprinkle with walnut mixture. At this point, fold over the phyllo sheets that are hanging over the sides of the pan. Continue this until the pan is almost full. Add 4 more sheets of phyllo pastry, oiling each one. Don't sprinkle these with walnut mixture.

After oiling the top sheet, cut the top few layers to the desired shape (such as a diamond shape), don't cut too deep. Bake in a preheated oven for approximately 1 1/4 hours at 300°F until pastry is golden. Remove from oven when ready and let it cool. Makes 42 small pieces.

Syrup: Boil all ingredients together for approximately 15 to 20 minutes. Pour it slowly, while still hot, over cooled baked baklava.

Mavrodaphne sherry is a fine accompaniment.

BETTY'S MONSTER COOKIES

Barbara Browning

2 cups white sugar
6 cups rolled oats
3 cups peanut butter
6 eggs
2 cups brown sugar
4 tsp baking soda
1/4 tsp corn syrup
1 tsp salt
1 bag chocolate chips
1/2 lb Smarties
1 cup (1/2 lb) margarine

Cream margarine and sugars. Add eggs, syrup, baking soda and salt. Beat well. Stir in remaining ingredients. Drop by tablespoonsful onto cookie sheet. Bake at 350°F for 10 to 12 minutes. Yields approximately 6 dozen.

BUTTERSCOTCH CONFETTI

Dorothy Verbridge
The Wooden Spoon

Recently retired from The Wooden Spoon, Dorothy still enjoys cooking and baking and shares the following favourite recipe.

1/4 cup butter or margarine
1/2 cup peanut butter
1 cup butterscotch chips
8 oz coloured mini marshmallows

Melt the butter and peanut butter in a large saucepan over low heat. Stir in the chips until melted.

Cool until you can hold your hand on the bottom of the pan. To speed the process, stir, while holding pan in cold water, until cool enough.

Add marshmallows and stir until all are coated. Press firmly into 9 inch square pan lined with waxed paper; refrigerate. Makes 36 squares.

Variation: To ingredients, add 1/2 cup chopped walnuts and/or 1/2 cup medium shred coconut.

Suggestion: Double the recipe and place into a 13x9 inch pan. Cut and freeze 1/2 for later. This freezes very well and keeps for a long time. Makes 36 squares.

CHIP BUTTERBALLS

Sandy Ries

1 3/4 cups cake and pastry flour
1 cup finely chopped pecans or walnuts
1 pkg Baker's semi-sweet chocolate chips or mini chips
3/4 cup softened butter
1/2 cup icing sugar
1/4 tsp salt
3/4 tsp vanilla
2 tsp cold water

Combine flour, pecans and 1 cup chips; mix well. Cream butter. Gradually add sugar and continue beating until light and fluffy. Add salt, vanilla and water; blend well. Gradually stir in flour mixture. Shape into 3/4 inch balls. Place onto ungreased cookie sheets. Bake at 325°F oven for 20 minutes or until edges begin to brown. Cool thoroughly.

BUTTER TARTS

Lynda Corkum

3 Tbsp soft butter or 1/2 butter and 1/2 margarine
3/4 cup corn syrup
2 eggs
1/4 tsp salt
1 Tbsp lemon juice
3/4 cup raisins
1 tsp vanilla
1/2 cup chopped walnuts
Pastry mix

Follow directions on package to make pastry or prepare from scratch. Place in buttered tart or muffin tins. Mix remaining ingredients with wooden spoon; pour into pastry shells. Bake at 425°F for 8 minutes. Lower oven to 350°F; bake 10 minutes longer. Makes about 18 tarts.

CANOLI DI DUE CIOCCOLATE

Kathryn Borrelli
1986 Battle Entry
Louie Linguini's

If ricotta cheese is very fresh, drain it into a strainer placed over a bowl in the refrigerator until it is drier. A good quality white chocolate (a Belgian or Swiss brand), as well as pure vanilla extract, are preferable in this recipe.

Homemade canoli shells or purchase pre-made at Italian grocery
1 lb bittersweet chocolate
1/2 cup chopped toasted pistachio nuts

Filling:
1 lb ricotta cheese
2/3 cup confectioners' sugar
1/2 tsp grated orange zest
1/3 cup toasted shelled pistachios
1/3 cup grated white chocolate
1 tsp vanilla

Filling: Blend cheese, sugar, vanilla and orange zest in food processor until smooth. Mix grated white chocolate and pistachio nuts in gently by hand. Set aside in refrigerator.

Gently melt the bittersweet chocolate. Dip canoli shells into chocolate to cover and drain excess chocolate before placing onto a waxed paper sheet. Allow chocolate to harden on the shells.

At serving time, stuff filling into shells; dip each end into chopped pistachios so that the nuts adhere to the filling. Serve immediately.

CHOCOLATE AND CARAMEL TOPPING HAZELNUT MERINGUE

1987 Battle Entry

Sam Drakich
The Top Hat

Meringue:
1 cup peeled, finely ground, toasted hazelnuts
1 1/2 Tbsp cornstarch
1/2 cup plus 1 Tbsp sugar
3/4 cup powdered sugar
4 large egg whites

Chocolate Frosting:
12 oz bittersweet chocolate
1 2/3 cups heavy cream
1/4 cup unsalted butter
2 Tbsp cognac
Caramel:
1 cup sugar
1/3 cup water
1/8 tsp cream of tartar

Preheat oven to 200°F.

Meringue: Combine hazelnuts, cornstarch, 1/2 of the sugar and all of the powdered sugar. Beat egg whites to soft peaks. Slowly add remaining sugar, a tablespoon at a time. Whip to stiff peaks. Put wax paper on cookie sheet. Draw 2 (9 inch) circles on wax paper. Dust with flour. Distribute the meringue between the 2 circles. Bake for 1 hour. Leave in turned off oven for another hour.

Chocolate Frosting: Break chocolate into food processor until very fine. Heat cream to boiling point. Feed into tube of processor; blend. Transfer to a bowl and let cool. Add butter and cognac. Allow to cool completely.

Caramel: Place ingredients in small heavy saucepan over medium-low heat to dissolve sugar. Increase the heat and boil without stirring until pale amber. Let cool for 10 minutes then drizzle with a fork over the chocolate frosted cake.

Note: Do not attempt on humid days!

WHITE CHOCOLATE MOUSSE

Sam Drakich
The Top Hat

8 oz white chocolate
4 Tbsp butter
4 egg whites
1 cup heavy cream
3 Tbsp green Chartreuse

Melt chocolate and butter together; cool. Beat egg whites; fold into chocolate. Whip the cream with Chartreuse until semi-stiff; fold into chocolate mixture. Let cool.

CHOCOLATE MOUSSE

Annetta van Blommestein
Overtures - An Eatery

Previously of Maison van Blommestein, Annetta, along with husband Glenn, now owns and operates Overtures, 1107 Lesperance Road in Tecumseh, where Annetta's luscious desserts are still available to the public!

11 oz semi-sweet Couverture chocolate
8 egg whites
4 oz sweet butter, room temperature
1/4 tsp cream of tartar
2 tsp sugar

Melt chocolate in a double boiler over simmering water. Add the butter and stir until melted. Remove from heat and let cool until almost room temperature. Add egg whites and cream of tartar to a clean, dry bowl. With clean dry beaters, whip whites until frothy. Add sugar; beat until stiff, but not dry, peaks form. Gently fold the whites into the cooled chocolate. Spoon into wine glasses and chill to set.

Serve garnished with chocolate curls or fresh fruit with ladyfingers on the side.

Other Serving Suggestions:

1) Alternate mousse with fresh raspberries in the wine glass.

2) Keep mousse in the mixing bowl and refrigerate until set.

Using serving spoon, scoop oval shaped serving onto white over-sized dinner plate. Serve with a raspberry sauce, kiwi sauce (or both) or a crème anglais on the side. Dust with icing sugar and accent with some fresh fruit.

Approximately 10 portions, depending on size of wine glass.

LAYERED CHOCOLATE PÂTÉ WITH HAZELNUT SAUCE

Kathryn Borrelli
Louie Linguini Ristorante

1987 Battle Winner

For this recipe a good quality chocolate is recommended. I would suggest Belgian Callebaut brand. The dessert is delicious served with a berry sauce or a crème anglais flavoured with Frangelico liquor. Garnish with sliced toasted hazelnuts and whole berries, if desired. This dessert stores well in the freezer if well wrapped in plastic film then aluminum foil.

1 3/8 cups heavy (35%) cream
1 lb bittersweet chocolate
1/2 cup unsalted butter
3 Tbsp Frangelico
1/4 cup finely chopped hazelnut praline
10 oz white chocolate

Butter 4x8x3 inch loaf pan; line bottom and sides with waxed paper.

Bring 7/8 cup cream to a simmer in 1 quart saucepan; remove from heat. Stir in bittersweet chocolate then butter; stir gently until smooth. Mix praline into 1/2 of mixture in one bowl. Mix Frangelico into other 1/2 in another bowl. Pour one mixture into prepared pan; smooth the surface. Place in freezer only until firm.

Meanwhile, heat remaining 1/2 cup cream; remove from heat. Stir in white chocolate gently until melted. Pour white mixture over first layer; place back in freezer. After 10 to 15 minutes, pour last layer of chocolate over the white layer. Wrap well and store in refrigerator until quite firm.

Remove confection from the pan by lifting gently on waxed paper edges. If necessary, wrap tin momentarily with a warm damp towel to ease removal. Slice while firm. Garnish with desired sauce. Let serving sit out at room temperature for a few minutes before serving. Serves 10 to 12.

Great with ice wine.

CHOCOLATE TEMPTATION

St. Joseph's High School

1995 Battle Winner

This dessert was prepared by the students of the food preparation course of St. Joseph's High School under the supervision of teacher, Paul Borrelli.

6 oz bittersweet chocolate, melted
3 egg yolks
1/2 cup sugar
1/2 water
1 cup heavy (35%) cream
1 pkg Italian amaretto cookies, finely crushed

Mix the sugar and water in a small saucepan; bring to a boil over high heat until the mixture reaches 232°F and thickens slightly, approximately 5 minutes.

Meanwhile, beat egg yolks in the bowl of an electric mixer until lemon coloured and thickened. Remove syrup from heat; drizzle over yolks, a small amount at a time, while beating on high speed. Beat until the mixture is cool. Add the melted chocolate and mix well, scraping bowl. Gradually pour in cream, mixing well. Pour mixture into 8x4x3 inch loaf pan; freeze overnight.

Unmold confection by dipping tin into warm water and turning out onto tray covered with crushed amaretto cookies. Pat the cookie mixture over the entire surface of the loaf. Freeze on tray covered with plastic wrap.

Serve in thin slices with crème anglais or a berry sauce. Garnish with berries and mint sprigs.

This dessert keeps very well in the freezer wrapped in plastic and aluminum foil.

CIOCCOLATO PARADISO

Kathryn Borrelli
Louie Linguini Ristorante

1992 Battle Winner

This recipe stores well tightly wrapped and placed into freezer. Sauce can be made up to 1 day ahead.

12 oz bittersweet or semi-sweet chocolate, melted
6 large eggs, separated
1 1/2 cups 35% cream
Additional 4 oz chocolate, melted
1/2 cup Nutella hazelnut spread
3/4 cup 35% whipping cream
1 Tbsp Frangelico

Line a 4x8x3 inch loaf pan with plastic wrap. Combine melted chocolate in large bowl with 6 egg yolks; stir until smooth. Whip 1 1/2 cups cream until soft peaks form; fold gently into chocolate mixture. Beat egg whites in another bowl until soft peaks form and gently into mixture until no white streaks remain. Pour mixture into the loaf pan. Smooth the top, wrap tightly in plastic wrap and freeze overnight. Unmold and unwrap the loaf, spread with the additional melted chocolate. Place onto a tray and freeze until frozen. Make sauce by heating the Nutella and the 3/4 cup of cream gently until evenly combined. Chill sauce and stir in Frangelico.

CARAMEL POPPYSEED CAKE

Lani Landale

1 super moist Betty Crocker white cake mix
1 pkg instant butterscotch pudding mix or lemon pudding and pie filling mix
3 eggs
1/2 cup oil
1 cup water
1/4 cup poppy seeds

Mix all ingredients in large bowl with hand mixer for 3 minutes. Pour into greased bundt pan. Bake at 350°F for 1/2 hour then at 225°F for another 1 1/2 hours. Let stand for 5 minutes before removing from pan.

CINNAMON RAISIN QUICK BREAD

Kathy Morneau

1 1/2 cups skim milk
3/4 cup maple syrup or honey
6 Tbsp butter or margarine, melted
1 egg, 2 egg whites or egg substitute, beaten
1 Tbsp vanilla
3 cups whole grain flour
2 tsp baking powder
1 1/2 tsp baking soda
1 1/2 tsp cinnamon
1/4 tsp nutmeg
1 1/2 cups raisins

Heat oven to 350°F. Lightly oil 2 (5x9 inch) loaf pans. Combine milk, syrup or honey, melted butter, egg and vanilla in small bowl. Mix flour, baking powder, soda, cinnamon and nutmeg in large bowl. Stir in the raisins. Add milk mixture to dry mixture; mix just well enough to incorporate all the ingredients. Bake 40 to 45 minutes. Remove from pans and cool on a wire rack.

COFFEE CAKE

Richard Poole

1 cup butter
1 cup sugar
2 eggs
1 cup sour cream
1 tsp vanilla
2 cups flour
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
Topping:
1/2 cup brown sugar
4 Tbsp white sugar
1 tsp cinnamon
1/2 to 1 cup chopped nuts

Cream together butter, sugar and eggs. Add sour cream and vanilla. Add flour, baking powder, baking soda and salt.

Put 1/2 of batter in pan, then topping, then remaining batter. Bake at 325°F for 40 minutes or until done.

Optional: One cup of chopped apple pie filling may be added to the finished batter.

COMFORT CAKE

Sandra Facchineri

1 box Duncan Hines yellow cake mix
1 box instant vanilla pudding
4 eggs
1/2 cup water
1/2 cup vegetable oil
1/2 cup Southern Comfort or other whiskey
1 cup chopped nuts
Icing sugar, optional

Combine all ingredients and mix for approximately 5 minutes. Grease and flour bake ware of your choice, a bundt pan works well. Pour batter into pan and bake at 325˚F for approximately 1 hour. When cooled, the cake may be sprinkled with icing sugar.

MARBLE POUND CAKE

Ingrid Larking

3/4 cup margarine
3/4 cup shortening
1 1/2 cups sugar
5 eggs
1 tsp vanilla extract
3 cups flour
2 1/2 tsp baking powder
1 tsp baking soda
1 1/2 tsp salt
1 cup sour milk, add 1 tsp vinegar to milk to sour it
5 Tbsp cocoa
1 Tbsp sugar
1 Tbsp milk
1 Tbsp oil

Cream margarine and shortening. Add the sugar alternately with the eggs, incorporating 1 egg at a time. Add vanilla. Beat well. Sift together flour, baking powder, baking soda and salt. Add flour mixture to margarine mixture alternately with milk, stirring not beating. Divide batter. Place 1/2 into a greased and floured bundt pan. To the other 1/2, add cocoa, sugar, milk and oil and place over batter into pan. Pull knife through to swirl batters slightly. Bake at 375˚F for 1 hour or until toothpick tests clean.

Cool until warm on wire rack before removing from pan. Sprinkle with icing sugar when cooled.

PINEAPPLE CAKE

Kathy Morneau

1 1/2 cups sugar
2 eggs
1 tsp vanilla
2 cups flour
2 tsp baking soda
19 oz can crushed pineapple, with juice
1 cup walnuts
Cream Cheese Icing:
1 cup icing sugar
250 g pkg cream cheese
1/2 cup butter
1 tsp vanilla

Beat together sugar, eggs and vanilla. Mix together flour, baking soda, pineapple and walnuts. Stir in egg mixture. Bake at 350°F for 35 minutes in a greased bundt pan.

Cream Cheese Icing: Beat the ingredients together; spread over the cooled cake.

CREAM PUFFS

Rose Culmone

1 cup water
1 cup flour
3/4 cup butter
4 eggs

Bring water to a boil. Add butter and stir to melt. Add flour and stir briskly to mix. Let mixture cool slightly. Beat in eggs, one at a time. Spoon onto cookie sheet. Bake at 350°F until browned. Leave in oven until cooled.

Fill with desired filling, e.g. whipped cream, custard.

CRÈME ANGLAIS

Annetta van Blommestein
Overtures - An Eatery

9 egg yolks
1/2 cup sugar
1/2 tsp pure vanilla extract
1 L heavy (35%) cream or 18% coffee cream (for the calorie conscious) or a mixture of both

Place water in bottom pan of double boiler; bring to a boil. Meanwhile, beat yolks with sugar and vanilla in top pan of double boiler; do not heat. In another saucepan, bring cream to a boil; remove from heat. Beating constantly, carefully pour the hot cream into the egg yolks. Place the pan with the egg yolk mixture over the pan with simmering water and heat, stirring constantly with a rubber spatula, until the custard thickens and coats the back of the spatula. Remove from heat.

Serve warm or cold, depending on the dessert it will accompany.

CRÈME CARAMEL

Ingrid Larking

1 cup sugar
1/4 cup hot water
2 cups milk
2 whole eggs or 4 yolks
1/3 cup sugar
Pinch salt
1 tsp vanilla

Heat 1 cup sugar in heavy pan over low heat until melted to a caramel syrup. Add hot water. Coat a 1 quart casserole with syrup. Beat together eggs, sugar, salt and vanilla. Scald the milk and add gradually, while whisking, to the egg mixture. Pour into casserole.

Place casserole in roasting pan, to which hot water has been added to reach halfway up casserole. Bake at 350°F (325°F for a glass casserole) for 45 minutes or until knife, inserted near edge, comes out clean. Cool. Spoon out individual servings. Serves 4.

Note: Custard will be firmer if eggs are not beaten too much.

FUDGE PECAN PIE

Derek Foote
Rainbow Pastries

A fixture in Essex for many years at 8 Talbot Street North, Rainbow Pastries offers an assortment of pastries, tortes, squares and breads. Pastry Chef Derek Foote offers this family favourite.

1 unbaked 9 inch pie shell with high fluted edge
3 oz unsweetened chocolate
4 oz sweet butter
4 eggs, room temperature
1 1/2 cups sugar
3 Tbsp corn syrup
1 tsp pure vanilla extract
1/4 tsp salt
1 cup pecan halves

Chop chocolate into coarse pieces; place with butter in small heavy saucepan. Set over low heat until partially melted. Remove from the heat; stir until completely melted and smooth. Set aside. Beat eggs slightly. Beat in the sugar, corn syrup, vanilla and salt, to blend. Stir chocolate mixture, then pecans, in. Pour filling into prepared pie shell. Bake in preheated 350°F oven for 45 to 50 minutes. The filling will be firmly set around the edge but the centre should seem slightly underdone. Remove from oven; set on rack to cool. The filling will rise as it bakes and may even crack, but will settle as it cools. Yields 10 servings.

Serve cold with a rosette of whipped cream on the side.

PRALINE DELIGHT PIE

Ingrid Larking

1/3 cup butter
1/2 cup brown sugar
1/2 cup chopped pecans
3 oz pkg vanilla pie filling, prepared with 1 1/2 cups milk
1 envelope Dream Whip, prepared with 1/3 cup milk
1 baked 9 inch pie shell

Cook butter, brown sugar and pecans until caramel consistency, about 15 minutes. Pour into bottom of baked pie crust. Prepare pie filling as directed on package but use only 1 1/2 cups milk. Keep out 1 cup and chill. Pour remainder of pudding into shell; chill. Prepare Dream Whip using 1/3 cup milk and add 1 cup to the 1 cup reserved pudding. Set remaining Dream Whip aside. Pour pudding/Dream Whip mixture over pie. Spread reserved Dream Whip over top.

Sprinkle with chopped pecans.

ICE CREAM CAKE

Rose Culmone

1 box ice cream, any flavour
3 eggs
6 oz sugar
6 oz flour

Beat eggs. Add sugar and flour. Beat well. Grease jelly roll pan, approximately 11x15 inches, with Crisco. Pour batter into a pan. Bake in oven for 7 to 9 minutes at 400°F. Remove from oven. Invert cake onto a dish towel sprinkled with sugar. When cooled, cover with thinly sliced ice cream. Leave a margin at one end without ice cream. Roll up cake like a jelly roll. Wrap in aluminum foil and freeze.

MARSHMALLOW SALAD

Paula Mantha

1 pkg pistachio pudding
1 large tub Cool Whip
12 oz can crushed pineapple, including juice
1 cup mini marshmallows

Mix all ingredients well in bowl; refrigerate overnight.

An excellent summertime dessert or salad.

PEAR DELIGHT

1995 Battle Entry

Colleen Soulliere
Metro Executive Class Catering

1 pkg phyllo pastry
1 lb melted butter
8 pieces ripe bartlett pears
1/2 cup raisins
100 g ricotta cheese
1 egg yolk
100 g brown sugar
1/2 tsp vanilla extract
1 tsp baker's rum
1 tsp fresh lemon juice
Dash cinnamon

Remove the phyllo dough from the refrigerator 1/2 hour before using; cover with a damp cloth so it doesn't dry out. Peel pears; core. Cut lengthwise into 6 pieces; cut into 1/6 inch leaves. Add sugar, vanilla extract, baker's rum, lemon juice and cinnamon; mix thoroughly in bowl. Refrigerate for 1/2 hour. Drain the juice from the pears into a bowl. Add the egg yolk and the ricotta cheese and mix, using a whisk, until smooth. Add cheese mixture to the pear mixture.

Working on wooden table or large cutting board, take one sheet of phyllo and carefully brush it with melted butter. Cover it with another sheet of phyllo and apply the butter again. Repeat once more. Cut sheet into pieces. Fill centre of each piece with 1 1/2 tablespoons pear/cheese mixture. Lift up the corners to the centre, holding them up so that they form a bundle. Squeeze the ends tightly together. Bake the pear bundles in the centre of the oven at 375°F for 15 minutes or until browned.

Serve with vanilla ice cream to complement the dessert. Serves 10 to 12.

PEAR JELLO SALAD

Dianne Morencie

1 pkg lime Jello
1 large can pears
1 small pkg cream cheese
1 small tub Cool Whip

Drain pears well and mash. Save juice. Boil 1 cup of juice. Add Jello. Beat cream cheese. Beat in Jello and mashed pears. Place in refrigerator until partially set. Whip Cool Whip and fold into Jello mixture. Pour into mold; chill.

HEART HEALTHY PANCAKES

Kathy Morneau

3/4 cup whole wheat flour
1/2 cup all-purpose flour
1 cup skim milk
1 egg, beaten
1 Tbsp baking powder
1 Tbsp vegetable oil
1 Tbsp sugar

Combine flours, baking powder and sugar. Add milk, beaten egg and oil. Stir until mixed. Drop 2 tablespoonsful of batter onto a nonstick skillet sprayed with vegetable cooking spray. Turn pancakes when bubbles appear. Makes 12 (4 inch) pancakes.

PINK ISLANDS

Sam Drakich
The Top Hat
1991 Battle Entry

8 egg whites, room temperature
1 Tbsp candied rose, crushed
1 cup sugar
2 cups milk
2 vanilla beans
5 egg yolks
3/4 cup sugar
2 Tbsp green tea
1/2 lb small strawberries
1/2 lb raspberries
Several fresh mint leaves

Note: Use non-reactive pans, bowls and saucers.

Preheat oven to 300°F. Generously butter 4 (1 cup) molds. Dust with powdered sugar to coat bottoms and sides evenly. Beat egg whites to soft peaks. Add 1 cup sugar. Beat until soft. Fold in crushed rose petals. Divide meringue among molds. Place molds into deep baking dish; add water halfway up. Bake 20 to 30 minutes. Remove molds from water bath and let cool.

Bring milk and vanilla beans to a boil over medium heat. Add green tea. Beat egg yolks with 3/4 cup sugar. Add egg mixture to milk and heat until thickened. Strain green tea custard sauce and let chill. Place meringue into centre of a plate. Spoon custard sauce around meringue. Decorate with strawberries, raspberries and mint leaves.

PUMPKIN WALNUT CHEESECAKE

I'm always asked for this recipe

Gail Postlethwaite
Creative Catering

Crust:
1 1/2 cups graham wafer crumbs
1/4 cup sugar
1/4 cup crushed walnuts
1/3 to 1/2 cup melted butter
Filling:
1 1/2 lb cream cheese, softened
3/4 cup packed brown sugar
3/4 cup granulated sugar
5 eggs
14 oz can pumpkin
1 3/4 tsp pumpkin pie spice
1/4 cup whipping cream
Topping:
6 Tbsp melted butter
1 cup firmly packed brown sugar
1 cup coarsely chopped walnuts
Garnish:
Whipped cream

Crust: Mix together all ingredients and press into bottom and slightly up sides of a lightly greased 10 inch springform pan. Bake for 5 minutes in a 350°F oven. Cool.

Filling: In a large mixing bowl, beat cream cheese and sugars together until well blended. Beat in eggs, one at a time, until mixture is light and fluffy. Add pumpkin and spice; mix well. Beat in whipping cream at low speed until smooth. Pour into the prepared crust and bake at 325°F for 1 hour and 35 minutes or until firm to touch.

Topping: Combine melted butter, brown sugar and nuts and mix until crumbly. When cake is done, remove from oven and sprinkle with walnut topping and bake an additional 10 minutes.

Cool and refrigerate for at least 6 hours or overnight.

Garnish with whipped cream. Serves 10 to 12. Delicious!

RASPBERRY MASCARPONE KISSES

1995 Battle Entry

Adel Gabr
Ciociaro Club

12 sheets phyllo dough
1/4 lb butter, melted
Icing sugar
Raspberry sauce
Mint leaves

Filling:
2 pt raspberries, chopped
1/4 cup sugar
1/4 cup chopped walnuts
1 lb mascarpone cheese

Filling: Mix the mascarpone cheese with the chopped walnuts, raspberries and sugar.

Cut each sheet of phyllo dough into 3 rectangles; arrange rectangles, one on top of the other, at an angle to the layer beneath.

Brush phyllo dough with butter. Put 1 tablespoon filling in middle of it. Gently pick up the strips to form them into a little bundle or "kiss". Repeat for the remaining 11 sheets of phyllo dough. Arrange on baking sheet. Bake in 350°F oven for 10 minutes until golden brown.

Remove from oven and place each "kiss" onto a plate which has some raspberry sauce at the bottom and sprinkle with icing sugar. Garnish plate with a mint leaf. Serve at room temperature.

SALLY'S RASPBERRY SQUARES

Nancy O'Reilly

Base:
1 cup flour
1/4 cup brown sugar
1/2 cup soft butter
Topping:
1 cup sweetened condensed milk
1/2 cup flour
1/2 tsp baking powder
1/4 tsp salt
2 eggs
1 cup semi-sweet chocolate chips
1 1/3 cups flaked coconut
1/2 cup chopped pecans
1/2 cup raspberry preserves

Base: Preheat oven to 350°F. Combine flour and brown sugar. Cut in butter until mixture is crumbly. Press into greased 9 inch square pan. Bake 20 minutes.

Topping: Combine milk, flour, baking powder, salt and eggs. Mix well. Stir in chocolate chips, 1 cup coconut and pecans. Pour over cookie base. Bake for 25 minutes at 350°F. Remove from oven and spread raspberry preserves and remaining coconut over top.

SOUFFLÉ GLACÉ AUX GRAND MARNIER

Paul Herrmann
Windsor Hilton

1/2 cup Grand Marnier
6 egg yolks
240 g sugar
1 Tbsp finely grated orange zest
75 mL water
625 g 35% cream
Unsweetened cocoa

Fold waxed or glazed paper lengthwise; tie around the top of 8 individual soufflé dishes to make a 1 inch standing rim and place into the freezer. Whip egg yolks in bowl. Mix sugar, water and orange zest in saucepan. Bring to a boil; boil until syrup is nice and thick. Add syrup to egg yolks in a steady stream while you whip; mix until you have a smooth thick cream. Add the Grand Marnier and let cool a bit. Fold into the whipped cream. Fill mold with this mixture to 1/2 inch above the rim and freeze.

To serve, remove paper collar. Dust with cocoa powder. Remove from freezer 5 to 10 minutes before serving so the soufflé will not be hard.

Alternatives:

1) Soak some crumbled ladyfingers in Grand Marnier; place in bottom of mold. Pour soufflé over it.
2) After dusting with cocoa, scoop out a little hole with a melon baller and fill with Grand Marnier.

STRAWBERRIES ROMANOFF

Kurt Deeg
Ye Olde Steak House

2 pt fresh strawberries
2 Tbsp sugar
4 oz port wine
1/2 qt whipping cream or 400 g canned whipped cream

Clean berries. Cut into halves or quarters, depending on size. Add sugar and mix well. Add the port wine. Let mixture marinate 30 to 60 minutes. Just before serving, gently fold in the whipped cream. Serves 4.

TIRAMISU

Laura Pagano
1993 Battle Entry
Laura's Place

"Tiramisu" translates to "lift me up"! This cake truly is very light and lifts one's spirits!

1 box mascarpone cheese
2 cups espresso
2 cups milk
6 eggs
6 Tbsp sugar
2 pkg ladyfingers
1 oz kahlua
1 oz Baileys

Beat egg yolks with the sugar until very light and creamy. Add mascarpone and Baileys; beat until well blended. Beat egg whites until stiff. Fold into the mascarpone mixture. Combine the espresso, milk and kahlua. Dip the ladyfingers into the espresso mixture. Place one layer of ladyfingers into 9x13 inch pan. Cover with 1/2 of the mascarpone. Repeat with another layer of ladyfingers and mascarpone. Refrigerate 2 hours. Dust with cocoa powder before serving.

TRUFFLE TORTE

Ingrid Larking

10 eggs, separated
2 cups sugar
1/2 tsp cream of tartar
1 cup flour
1/2 cup cocoa
1 tsp vanilla
1 Tbsp rum
3 squares semi-sweet chocolate, melted
Dash cinnamon and salt
1/2 tsp grated lemon peel
2 cups ground nuts
1 Tbsp coffee powder, dissolved in 2 Tbsp hot water
Cream Filling:
1 L whipping cream
1 cup icing sugar, to taste
1/2 cup cocoa
1 tsp vanilla, rum, kahlua

Preheat oven to 325°F. Beat whites with cream of tartar until soft peaks form. Add 1 cup sugar, beat until stiff. Beat yolks with 1 cup sugar until pale and thick. Add vanilla, coffee, rum, cocoa, salt and cinnamon. Add chocolate and lemon peel. Fold in flour and ground nuts. Gently fold in the beaten whites. Spray bottom of 2 (9 inch) springform pans with a cooking spray. Bake 45 minutes or until toothpick is clean when tested.

Cream Filling: Whip together ingredients.

Divide cakes into 2 layers each. Spread each with some thinned apricot jam, a thin layer of melted chocolate and 1/4 of the cream.

Decorate top with crushed candied peanuts. For a truly decadent touch, top with 12 to 16 rum balls or truffles. Serves 12 to 16.

CHOCOLATE TRUFFLES

Nadia Bannon

1 lb semi-sweet chocolate
1/2 lb butter, room temperature
6 egg yolks
6 Tbsp dark rum
3/4 cup powdered cocoa
3/4 cup confectioners' sugar

Preheat oven to 200°F. Place chocolate in heatproof bowl; place in oven. Watch carefully and remove bowl just when chocolate has softened. Immediately beat in butter, yolks and rum with a wire whisk. Beat with a whisk until mixture becomes workable. Chill briefly until it can be shaped into balls between palms of the hands. Shape into round 1 inch balls; roll in powdered cocoa or confectioners' sugar. Let cool on a rack in a cool place for several hours.

IRISH CREAM TRUFFLES

Walker's Candies

1995 Battle Entry

Walker's Candies, owned by Raymond and Josephine Obeid, is located at 1033 Wyandotte Street East. It is Windsor's oldest candy factory, established in 1920. All of the candies are handmade. Tours may be arranged by calling 253-2019. Walker's Candies has participated in all ten battles!

1/2 L 35% cream
1 lb sugar
1 lb glucose
1 tsp salt
1/4 lb butter
1 tsp sodium benzoate
2 1/2 lb melted chocolate
1/4 oz Irish cream

In a saucepan, add glucose, sugar, cream, butter, salt and sodium benzoate. Bring to a boil; set aside for 1 hour. Add melted chocolate and Irish cream; mix well. Leave to set for 24 hours. Next day, roll pieces in cocoa powder. Yields 25 pieces.

Bon appétit!

BIG SISTERS TRIVIA

The first Battle of the Hors D'Oeuvres was organized by Brian Bannon of Le Bec Fin dinner club and Big Sister board members, Donna Brode and Roxanna Chow.

In 1986, our first Battle took place at a restaurant called the Orient Express with 190 people in attendance, raising $3,684 for our Association. Our Battle in 1995 at the Cleary International Centre had over 400 guests and raised $11,925. We've come a long way, baby!

A Decade of Battles spans the years 1986 to 1996 which would actually be 11 Battles; however, in 1989, there was no Battle due to timing and planning difficulties.

The Battle Cookbook is a unique gift. To order extra copies, please refer to the order form at the back of the cookbook.

Big Sisters has been a member agency of United Way since 1975. Currently 66% of our budget is funded by United Way. The rest is raised through our own initiatives (such as the Battle of the Hors D'Oeuvres) or from donations.

Being a Big Sister is about caring, about remembering what it is like to be a child, about drawing on your own personal experience and sharing that with your Little Sister.

The friendship and support of a Big Sister can take some of the pressure out of growing up and fill those years with bright and happy memories.

The very first match made by the Big Sisters Association in Windsor was between Nancy O'Neil Holden and Cheryl Balkwill. These two are still close friends and acted as our Honourary Big and Little Sister in 1992 - the 20th anniversary of Big Sisters locally.

1986 was the first year that there was an "Honourary Big Sister" for the year. The woman's name was Cathy Costea and she was a radio personality who, shortly after her commitment ended, moved away from this area. Since then, we have had a special person each year in that role.

Not only does Big Sisters match girls with women for friendship and very special one-to-one attention, it also runs programs to meet the changing needs of today's girls and young women.

....Over

Futurebound is a Big Sister program designed to encourage Little Sisters, ages 12 to 16, to start thinking about future careers and occupational aspirations. The girls visit a variety of work sites and are given the opportunity to speak with the people employed there.

Big Sisters' Adolescent Group Program is a personal enhancement group available to all girls in the program ages 12 to 16. Meetings are weekly and are geared to the further development of social skills and self-esteem, while presenting issues that are of current concern to teen girls.

The Summer Match Program is a short-term match characteristically focused on activities as opposed to the development of close relationships. The Big Sister volunteer is matched with an individual Little Sister aged 10 to 16 for a contracted short-term period (approximately 10 weeks), determined by the volunteer's availability.

Each summer an effort is made to send as many Little Sisters as possible to various camps. Over the last few years, we have averaged 54 girls attending camps as close as Harrow, Ontario and as far away as Tatamagouche, Nova Scotia.

Since 1972, Big Sisters has made several moves due to space or budget reasons. However, the move made in September 1990 will prove to be a lasting one as the association purchased the house they currently occupy at the corner of Giles and Goyeau Streets.

The Big Sisters Association is a member agency of the Big Sisters Association of Ontario and Big Sisters of Canada.

Big Sister Week is the first week of February.

Big Sisters is about friendship, about trust, about developing a relationship that is rewarding and beneficial to both the Big and Little Sister.

A girl cared for today is a woman caring for tomorrow.

Hundreds of women have experienced the satisfaction of being a Big Sister. You could be one of them!

Big Sisters. Think about it...

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